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STATEMENT OF PURPOSE

Nexus Magazine recognises that the planet is undergoing a massive transformation, on all social and spiritual levels. With this in mind, Nexus seeks to provide hard to get information to assist people through these changes.

NEXUS New Times is not linked to any religious, philosophical or political organisation whatsoever.

Articles, photographs and illustrations are welcome, but please send copies only. It is advisable to contact us for advice on length and schedules etc beforehand. Whilst all care is taken, no responsibility is accepted for unsolicited material.

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Editorial

Welcome to 1991 and the new issue of Nexus. This edition has some rare pieces of news which will probably upset any dentists, conservationists, christians, new-agers and assorted others. I have not deliberately set out to upset people's belief systems, but I have set out deliberately to dig up information which I think people should consider before they settle on a nice comfortable view of the world their future.

I would like to thank those who responded to the last issue by sending me collections of clippings, files and assorted ravings. I notice the UFO stuff has triggered an avalanche of new subscribers, so I have included some more intriguing information from the USA on this topic.

By this time most readers will be thoroughly sick of hearing about the Gulf War. This is a shame, because behind the scenes new power groupings are forming, and the catch phrase of "a new world order" will become a reality. To say "truth is the first casualty of war" is a gross understatement in the Gulf War coverage. The little censored news we do get is often so contradictory that I advise caution before repeating it. You may find some intriguing tit-bits inside this issue that will enlighten you further.

Also in this issue is a major breakthrough in the fluoride debate, plus some fascinating information on how banks create credit out of thin air.

We publish Nexus with the aim of providing information that the "mainstream" media either ignore, overlook or consider un-newsworthy. We leave to you, the reader, the task of drawing your own conclusions from the information inside this issue.

If you support this concept, I urge you to subscribe directly to Nexus, and save \$1 per copy.

NOSTRADAMUS REVISITED?

PROPHECIES, PROFITS & PREDICTIONS by Nostril Damus

The recent prophecies viewers Australia. be on the subject week, and it is hard discussion on the M without thinking of ttiatic biblical predictions in the Book of Revelations.

I recently spent several weeks attempting to decipher the obscure quatrains of Nostradamus, in order to make a prophet (intended) of this issue Nexus. Unfortunately, the verses only seem AFTER each event has occurred.

Not to be deterred, I patiently looked at the Bible, read some Edgar Allan Poe, Rambo, Mother Shipton, John the Baptist, Edmund Harold, Elphinstone, Eileen, Messing, Dame I, Ashtar Space Commander, Washington to name a few upon whom they all to create a prophecy in our time.

It goes something like this:

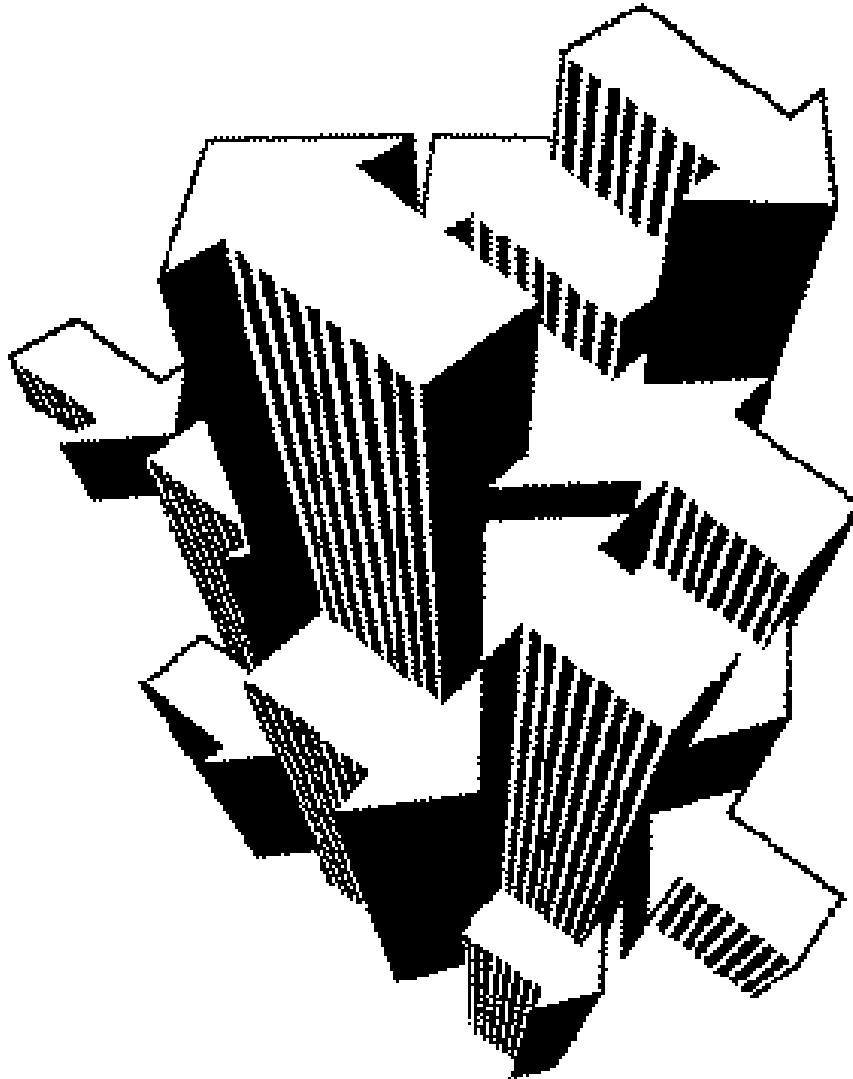
There will be war in the middle east. By the time you are reading this, the first stages of the countdown to Armageddon will have already begun.

The war will eventually focus on Israel, but will draw many nations into the conflict. Russia will invade Europe and some of the middle east, and it seems that China will eventually get in on the action, although a little later on.

Indonesia, India or Malaysia will invade Australia within the next three years. America will be too occupied with its own problems to help.

After this first round of warfare is over, leaving only small wars here and there as countries change ownership, a huge comet or asteroid will hit the USA, with chunks falling into nearby oceans - triggering major earth crust changes. Translated, this means earthquakes, underwater volcanos, and more to the point - bloody big tidal waves.

One huge tidal wave will swamp Sydney, leaving the new beach front in the lower Blue Mountains, and most of



eastern Australia 600 feet underwater. Adelaide will suffer a devastating earthquake. (It has been indicated that this wave will stem from underwater volcanic activity near Fiji, and not the comet).

Weather patterns will change dramatically.

Be prepared for either an ice age or a greenhouse, along with floods, drought and massive electrical storms, depending on where you live.

The CIA, MI5 and other intelligence agencies will be dissolved. Their control of international heroin and cocaine trade

will become so blatantly obvious, that they will give up eliminating people who find out. There will be a stock crash which makes the great depression look like a great party!

This will most likely result from a collapse of the Japanese stockmarket. The chaos will be unbelievable. After a few days, weeks or months of panic, a "new economic order" will be presented to solve the world's problems. The solution will be:- a global monetary unit, a universal debit card and a cashless society.

This new economic order will rid the world of drug dealers, tax evaders, and dole bludgers. It will be run by a world government, which in turn will be controlled by the new world bank. All information will be kept on a huge super-computer called "The Beast".

Meanwhile, most inhabitants of third world countries will either die from AIDS, famine, floods, drought, wars, or all the above. It will be revealed that AIDS was genetically created to reduce the world's population, especially in third world countries.

Continued on page 34

THE PHOTON BELT STORY

Is our solar system about to enter a cosmic 'cloud', as part of a 12,000 year cycle? We present this obscure but popular 1981 article for you to decide.

And So Tomorrow by Shirley Kemp

People all over the world are grasping, reaching out for little pieces of knowledge, enlightenment, hope for the future of their children in a world of growing degradation, drugs, rape, murder etc. The Prophets of doom preach of physical horror and annihilation. It is like a great vortex, a great sucking spiral, ever downward, blackness, despair.

You look upwards, can see the light at the top and grasp and claw your way to get out of that ever quickening pull of despair. The truth sometimes is so simple that we look past it, ignore it and try to find a much more complicated answer, when all the time, it is there, staring you right in the face, your passport out of the vortex into the future.

It all starts with a little atom and the group of little electrons which orbit around it.

English physicist Paul Adrian Maurice Dirac, said that for each type of particle, an anti-particle will exist.

In 1932, Carl David Anderson discovered the anti-electron and called it a positron. In 1956, the anti-proton and anti-neutron were discovered.

When an anti-particle is formed, it comes into existence in a universe of ordinary particles, and it is only a matter of time - a fraction of a second - before it meets and collides with an electron. The charges cancel, the total mass of the pair is converted into energy in the form of PHOTONS.

This offers a new and unprecedented powerful source of energy. The PHOTON is about to become your way of life in the very near future.

A PHOTON BAND was discovered in outer space in 1961 by means of satellite born instruments. We will now move onto the PLEIADES... The Seven Sisters...an estimated 400 light years from here. This group of stars is the basis of mythology in many countries... the Greek Gods, Australian Dreamtime... Chinese mythology. To quote from just a few Astronomers...

Jose Comas Sola made a special study of the Pleiades and discovered that they form a system, of which our sun is part of that system, and also several other suns, and all apparently, have their own Planetary systems.

Freidrich Wilhelm Bessel showed that members of this group had a proper motion of 5.5 seconds of arc per century in the same direction.

Isaac Asimov..."We can assume that all the stars in this cluster are the same chronological age."

Edmund Halley, studying the position of the stars, noted that at least three stars were not in the spots recorded by the Greeks. The difference was so great that it was unlikely that either the Greeks or Halley could have made a mistake. It seemed very clear to Halley that these stars moved within a system.

Paul Otto Hesse also made a special study of this system, of which our sun is a part, and discovered, at absolute right angles to the movements of the suns, a PHOTON BELT or MANASIC RING, a phenomena which scientists have not yet been able to reproduce with laboratory experiments.

It takes our sun 24,000 years to complete an orbit, [of this system] and as seen by the diagram, it is divided into sections. The 10,000 years of darkness is the period as we know it now, day time/night time, the 2,000 year period of all light, again 10,000 years of darkness and 2,000 years of light.

WE ARE NOW POISED TO ENTER THIS PHOTON BELT. It is inevitable... between now and the end of this century - but it is inevitable! We have completed the full circle and are back at the beginning. It is described in detail in your bible, by all books on mythology, by Nostradamus, and by modern day scientists.

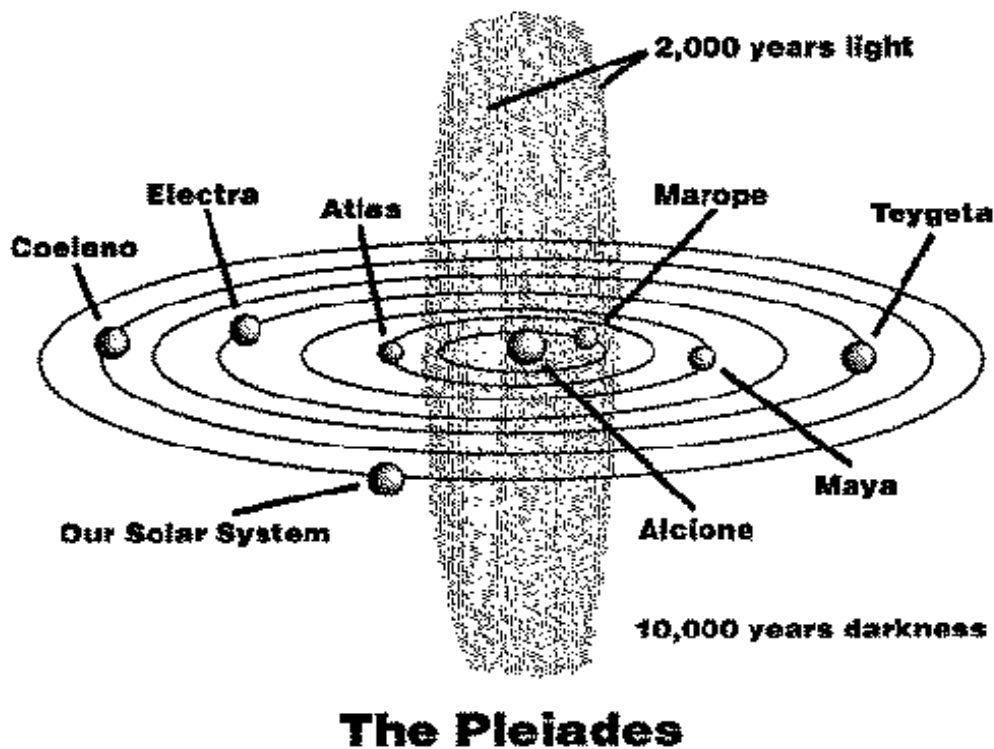
To quote our scientists...

If the Earth enters first into the PHOTON BELT, the sky will appear to be on fire, but be assured, this is cold light, so there will be no heat. If the sun enters first, there will be immediate darkness, which, computed our speed through space, will last 110 hours.

The interaction between the Solar Radiation and the PHOTON BELT will make the sky look as if it is full of falling stars. As the Earth enters this radiation belt, all molecules will become excited, all atoms will change, things will become luminescent, THERE WILL BE CONSTANT LIGHT. There can be no darkness, not within the deepest cave, not within the human body. A quick look at your bible "...all the stars will fall from the sky and the sky will be no more..."

It is expected that the rotation of the Earth may diminish a little. Because of the reduced Solar Radiation, the temperature is expected to become cooler and the ice caps are expected to extend to about latitude 40 in both hemispheres....your history books will tell you that at least five ICE AGES have been recorded, and they seem to last about 2,000 years. It may be noted that world communication centres, fixed satellites, US bases and experimental sights are within the 'safe zone'. Design or accident?

What about you? There are three types of people in our cosmos...corporeal, like us, solid, human;. ...atmospherean, also solid to a point, but the molecular structure is quite different; ...ethereans, no mass at all. When we enter the Photon Belt, a normal healthy person is expected to feel a jolt similar to putting your finger in a live light socket, and the transformation will be complete... you have just changed from a Corporeal person to an Atmospherean person... ("and ye shall be changed to immortality without the separation of death in the twinkling of an eye.")



Theologians have written at great depth on Bible characters, and assert that they have lived in this period of light. The sky and atmosphere was different and apparently it never rained... Nostradamus, in his quatrain about the end of the world as we know it, in 1999... "and it will rain no more, but in 40 years, all will be normal."

In Aboriginal mythology it is said "...Men were different to what they are now... we had a bridge to the stars..." In all their stories if they fell out with the Chief or Elder, they fled to the sky. So did the Greeks. It appears that space travel is simple within the photon belt.

The year 1962 was the year that we came within the influence of the Photon Belt. 1962 was a year of great UFO activity. Did we come within range of space travellers using the Photon Belt? As we hurtle closer and closer, will more UFO's look us over before our rebirth into the years of LIGHT. IT would seem that this is already happening.

Erich Von Daniken, when visiting South America, discovered a tribe with an object given to them by Sky People thousand of years ago. They were told to keep it clean and "when it hums like thousands of swarms of bees, we will return." It started humming softly three years ago [ie 1978]. A cosmic alarm clock alerting us to the coming of the light?

It would seem some civilisations may live permanently within The Light. When our Planet leaves this period of light and returns to the 10,000 years of darkness, do THEY return to the LIGHT and wait our eventual re-entry. It seems likely. The Mayans departed hurriedly with the message also of their return, which scholars say is now imminent. Rock carvings around the world show drawings similar to the system of Alcione.

Ball lightning...a phenomena about which little is known, is it perhaps little pockets of the Photon Belt?

To all UFO researchers, these craft always show an interest in nuclear installations. What will happen to a reactor

within the Belt? I think our scientists are way out ahead. Photon energy seems to be the energy of the future. Many UFO reports seem to indicate Photon rockets on experimental craft '...the headlights were at the back.' The reports at hand indicate slow, cumbersome craft... but within the Photon Belt, I think we have craft for immediate unlimited space travel.

Because the radiation of our sun will be modified by the Photon energy, is this why our Scientists only pay small lip service to the development of solar energy?

Let us think about our planet coming out of the light and into the darkness. Aboriginal mythology says "we were cast out into darkness and were much afraid, so the Gods gave us a Sun to warm us and a moon to see at night."

If the ice caps from within the light years, then the increased Solar radiation when leaving the belt must surely melt the ice... Floods. If it does not rain within this period of light, it is understandable why Noah was so awed by the sight of that first rainbow. The Gilgamesh talks of a great flood, but it was apparently about 10,000 years before Noah's flood.

We have thought about our world and the effect on a single person, but what about humanity as a whole? It is conceivable that many people will not survive the initial jolt if they are not prepared for it. If the ice extends to latitude 40, that covers half the USA, and most of Europe and Asia. That is a lot of people without a home. Will they be accepted in other countries. In a limited space of fertility, will it be possible to support untold millions?

I think not.

And so tomorrow...

(Reprinted with permission from Australian International UFO Flying Saucer Research Magazine, #12 August 1981] For more details: GPO Box 2004, Adelaide. SA 5001. Ph: (08) 272 3131)

RUBBISH DISPOSAL

COSTING THE EARTH?

Written by Duncan Roads

New York investment brokers, Merrill Lynch have tipped (no pun intended) the waste management industry to be "the growth industry of the decade, with a capacity to outstrip the military-industrial complex of the Cold War era."

What we put in our garbage bins each week is the basis of a multi-billion dollar industry globally, but we are throwing away so much garbage, that many cities in the world are literally inundating themselves in the stuff.

This is rapidly becoming the possibility for several major cities in Australia.

To quote Tim Moore, Minister for the Environment, 'Worldwide, generation of waste has reached critical levels in relation to available landfill space, the traditional method of waste disposal.'

Our Councils outlay a total of nearly \$500 million every year to collect and dispose approximately 13 million tonnes of waste. (This does not include materials collected directly by Councils and charities for recycling).

The situation is becoming so bad, that strong measures are being drawn up for both the industrial and domestic sectors to adhere to.

Last month the Packaging Task Force set up by ANZEC (Australian & NZ Environment Council) warned packaging and packaged goods industries to reduce the amount of packaging used by ten kilos per person per year by the end of 1993.

Several major companies, such as Colgate-Palmolive have already redesigned packaging of several product lines to help address the problem.

But big business is not just to blame. Recent figures show that ordinary household garbage

accounts for nearly 1/3 of the 3.5 million tonnes produced annually in Sydney.

The problem is not made easier when one realises that it is cheaper to dispose of used materials than to reprocess or reuse them.

In most Australian cities, charges for industrial waste are normally levied according to the quantity and type of waste and the cost of treatment, some creating some incentive for recycling industrial waste.

That's over one tonne of domestic garbage per household per year!

Although most recyclables already come from industry, the recently released Draft Report on Recycling prepared by the Industry Commission for the Federal Government is suggesting ways of further increasing the financial incentive to recycle and reuse.

This same approach has already been adopted in many other countries in the domestic sector. In the US, some states either penalise "excess" household waste, or offer "cash bonuses" for reducing it.

According to the Report, many councils did not charge enough for waste disposal to cover costs, nor did disposal charges fully reflect the costs of environmental damage caused by the waste.

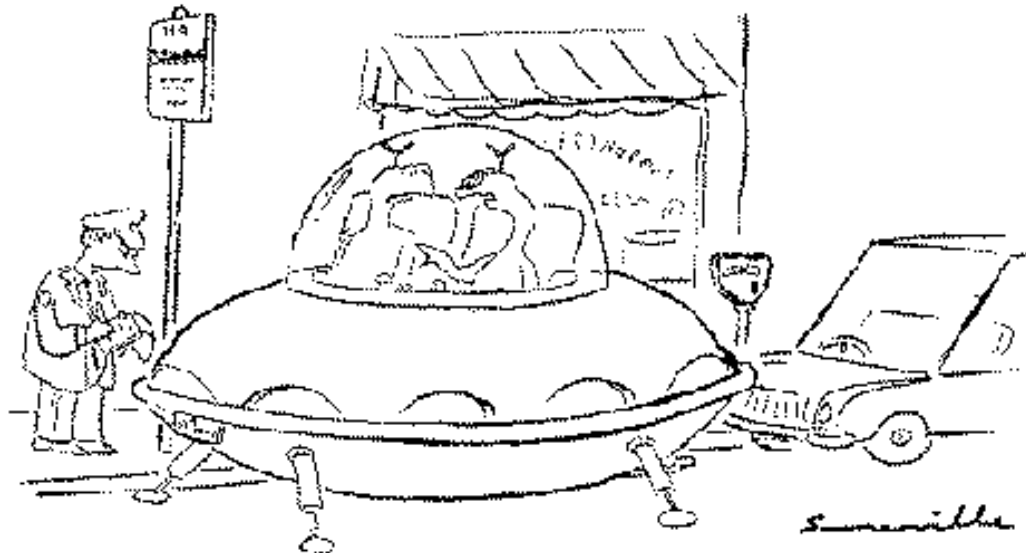
Additionally, because householders pay for waste disposal through rates, and are not charged by quantity, there is no financial incentive to minimise waste and sort materials for recycling at the source.

Many councils now consider the issue of garbage disposal so immediate, they are prepared to sacrifice other council services to address it.

In 1991, Woollahra Council in Sydney will pay at least \$200,000 to maintain its recycling service. The slump in wastepaper prices means the council has had to subsidise this service by \$105,000. That's \$105,000 that won't be available for other council services.

The sheer volume of rubbish generated from home and industry is bringing many landfills to the end of their lifespan prematurely, in many cases 3 to 4 years earlier than expected.

This means that Melbourne and Brisbane are facing the crunch now, while Sydney has about 2-3 years to address the biggest load of rubbish it has ever seen.



When we get back to the mothership, level the planet!

500 TOWNS IN CLEAN-UP DAY NEXT MARCH

The 1991 Clean Up Australia Campaign will be held on Sunday March 24th. It is estimated that 300,000 people volunteered to help clean up their area during the 1990 clean up, resulting in 15,000 tonnes of refuse from parks, foreshores and waterways.

100,000 RADIATION DEATHS

At least 500,000 Soviet citizens living near a nuclear test site in Central Asia have suffered from the effects of radiation, and 100,000 of them have died of cancer, according to a leading Soviet researcher.

Dr Boris Gusev, head of the Soviet Radiology Research Institute, said the Soviet Union carried out more than 200 tests in the air between 1949 and 1965 at the Semipalatinsk test site in central Kazakhstan.

Tests were halted in October last year because of anti-nuclear protests by people living near the site.

(Agence France Presse)

GREENHOUSE OR ICE-AGE?

Norwegian glaciers are growing bigger in apparent defiance of global warming. One wall of ice, reclaiming ground uncovered for years, is slowly splintering its way through a forest and is now 30 metres longer than it was last year. Professor Olav Orheim, head of the Antarctic section at the Norwegian Polar Research Institute, said global warming theories had largely missed the side-effects of higher temperatures - such as more snow.

(Reuters)

ANYONE FOR WORMS?

Earthworms are proving to be a potential recycler. If you place worms on wet shredded cardboard, covered with manure and slightly rotting organic matter, the worms will convert (within six weeks) this mess into vermicast, which is suitable for use as a potting mix or topsoil. It is calculated that 1,000 worms and their descendants will convert one tonne of organic matter in 12 months. Apparently the catch is shredding the cardboard.



SPY CAMERAS EVERYWHERE IN NSW

The recent use of traffic cameras to obtain 'close-ups' of Aboriginal demonstrators outside NSW Parliament House in October has served as an unpleasant reminder that there are now very few places one can escape them.

John Laws' comment in the Sunday Telegraph (21/10/90) says it all.

"A few years ago no one could have predicted that an integral part of daily life in the 1990's would be the spy camera. It's the sort of thing most people would have associated with iron curtain countries - pre-Gorbachev. But now spy cameras - it's an awful description - are everywhere. At traffic lights, at toll gates, in banks, at automatic teller machines - you name it, we've got it. Now trucks and coaches will be photographed and timed by a network of spy cameras along the NSW highways.

And helicopters will hover over suburban backyards and photograph swimming pools that aren't properly fenced. If you're camera shy or otherwise averse to having your photograph taken, then I'll tell you what: NSW is no place for you."

WORLD BANK PUSHING FOR BIRTH CONTROL

After decades of helping to fund the origins of our current environmental and economic problems, the World Bank would have us blame population growth as a

cause of poverty and environmental destruction.

The bank points out that approx 1/4 of the world's population live on less than the equivalent of \$A460.00 per year.

Apparently the "relentless march of new mouths to feed and jobs to provide" is undercutting the bank's goal of reducing poverty and improving economic growth.

Reuters

(I think I am going to be sick - Ed)

HOMEOPATHICS PERFORMS WELL IN NEW STUDY

A double-blind study, reported in the British Journal of Clinical Pharmacology and the Lancet Magazine, showed that almost twice as many patients given Oscillocochinum 200, a homeopathic medicine, recovered from influenza with 48 hours as did patients given a placebo. Neither the 487 patients nor the almost 150 French physicians knew who received the remedy or who received the placebo. Also, neither the physician nor any of the patients knew that the medicine that was being given to them was a homeopathic remedy.

(Brish Jnl. of Clin. Pharm. 1989

V.27:329-335)

EDUCATION OR BRAINWASHING?

A Federal Government brochure on the greenhouse effect, which was issued in July this year by Ros Kelly contains some alarming mistakes. For example it claims that CO2 emission since 1850 had risen 80%, whereas most greenies dutifully repeat other experts' figures of only 25%; it claims the rise in nitrous oxide emission as 90%, while the CSIRO claim it is only 5%; and then it claims methane emissions had risen 60%, while the CSIRO cites this figure as 125%. Any explanations?

BIG BROTHER WATCHING THE TREES

A new method developed at the Keith Turnbull Institute in Victoria will enable satellites to monitor the illegal clearing of trees. The technique is so accurate it will be possible to detect the removal of single large trees, or distinguish between pine trees and native trees. The researchers,

using the US satellite Landsat, are able to construct detailed maps of any part of Victoria. It is expected by some that the satellite data will be used to enforce Victoria's controversial restrictions on tree clearing by farmers and landowners.

ABORIGINAL LAND DUMPED AT TAX OFFICE

On July 2nd 1990, Robert Burrowes and Brendan Condon dumped a trailerload of Aboriginal land at the Australian Taxation Office in Melbourne.

They refused to pay the 10% of their taxes used to finance Australia's military spending and the government's involvement in the arms race. Instead, they paid \$461.42 to the Koori Information Centre in order to PAY THE RENT for their use of Aboriginal land.

"We urge all concerned people to pay 1% of their income as rent for their use of Aboriginal land," Brendan said. "If all non-Aboriginal people undertook to do this it would ensure the economic independence of the Aboriginal people."

STUDY LINKS AIRPORT NOISE TO MENTAL ILLNESS

According to findings published in Britain's *Journal of Psychological Medicine*, psychiatric illnesses and an increase in admission rates to psychiatric hospitals are clearly linked with people living under and around airport flightpaths. It also shows aircraft noise adversely affects the development of the human foetus.

(Syd Morn Herald 22/11/90)

HOXSEY: QUACKS WHO CURE CANCER?

In 1924, Harry Hoxsey claimed a cure for cancer with herbal formulas inherited from his great-grandfather. Thousands of patients swore the treatment cured them. But medical authorities branded Hoxsey the worst quack of the century, and so began a medical war continuing to this day.

Two Federal courts upheld his treatment's 'therapeutic value', and even the American Medical Association admitted it does cure some cases.

Yet organised medicine banned the ther-

apy, exiling it to Mexico where it still claims an 80% success rate today. A film/video now available has received exceptional rave reviews in *the New York Times*, *the L.A. Times*, and *the Washington Post* to name a few.

Stay tuned for more news in future Nexus issues.

(Source: World Research Foundation, CA. USA)

HUGE, RICH OIL FIELD FOUND IN SAUDI ARABIA

Oil industry sources have recently revealed the existence in Saudi Arabia of a gigantic new untapped oil field, which may prove to be the largest, and potentially most profitable supply of crude oil in the world. The new field is in a remote area of the Saudi desert south of Riyadh. According to officials of the Arabian American Oil Company (ARAMCO) the oil is the rare 'light-crude' oil, and it is upon the price of this oil that all other oil prices are based. Only two other countries are known to produce 'light crude' oil.

HOOKED ON TV

New research suggests that the rapid flickering of the TV screen has a mesmerising effect on the human brain. The rapidly changing colours on the screen have been shown to lower the activity in the part of the brain that processes complex information.

Approx 45% of Australian homes contain two or more TV sets. The average Sydney viewer watches 18 hours and 39 minutes of television a week. US watchers, however, average a mind numbing 56 hours.

It appears that the symptoms of "tele-addiction" are like those of other dependencies, such as alcoholism. They include turning to the set for solace when you're feeling down, then feeling powerless to drag yourself away after it has provided only temporary emotional relief.

BUSH'S OWN OIL BUSINESS

Hopefully, most informed readers realise that US President George Bush was once the head of the CIA. But I wonder how

many of you know of his personal oil businesses, the legal affairs of which were initially handled by a young attorney by the name of James Baker, now of course the US Secretary of State.

As well, Baker's father and grandfather handled legal work for Bush's father and grandfather, in the Soviet oil development program of the 1920's.

Also President Bush's son, George is a director and major stockholder of Harken Energy Corporation, of Dallas Texas, which owns the potentially lucrative drilling rights in Bahrain. Harken merged with Bush's Spectrum 7 Exploration Company about four years ago.

Naturally, Harken's \$US1.1 billion a year revenues would be endangered if Iraq were to widen the conflict in the middle east.

INVOICING FOR CORRUPTION

A Private Investigator invoiced a Sydney insurance company for "corrupting several members of the Police Force" as part of his inquiries, the Independent Commission Against Corruption (ICAC) heard in late November.

The invoice billed the company for some of his hours worked in obtaining a confidential criminal record and computer print-outs of a man named in a worker compensation claim.

The Private Investigator stated in the invoice (dated August 23, 1988), that he spent many hours drinking with the police, corrupting them, compiling reports and "nursing a hangover".

BIG BROTHER- AT YOUR CHECK-OUT

A program has been recently introduced in the US which would make any ID Card look very modest indeed. A number of information gatherers (Citicorp Bank is prominent) are offering cash and discount inducements to families who willingly provide details of their complete grocery purchases. This information is then sold to manufacturers and marketers.

It means that if a participating family changes its brand of pet food for example, you will most likely receive in the mail shortly after - a letter of thanks from the new favourite and a free sample and pledge to do better from the spurned candidate.

An extraordinarily high number of American families are proving willing to participate, and the scheme has its eyes on most other western countries.

THE NEW AUSTRALIA CARD - Your Tax File Number

The Australian Privacy Foundation claims that the upgraded Tax File Number (TFN) is now more extensive than the proposed Australia Card.

Also the Federal Government's own Privacy Commissioner has revealed that extensions to the fax file numbering system coupled with computer data matching will produce an identification system that approaches that of the proposed Australia Card.

The guarantee that the tax file number was to be used exclusively by the Tax Office, is just one of the more spectacular examples of broken promises by the Federal Government

DU PONT TO ADMIT CFC-OZONE CON?

In a statement released in Philadelphia (Nov 16, 1990), Lewis Du Pont Smith asserted that the "Ozone Depletion Theory" is an anti-scientific hoax, being used by an unethical leadership at the Du Pont Corporation to profit from the ban on chlorofluoro-carbons (CFC's).

Du Pont Smith plans to put the issue before company stockholders at Du Pont's April 1991 stockholders meeting.

"Today I am submitting a stock-holder proposal to E.I Du Pont de Nemours & Company on the subject of CFC policy, for consideration by company stockholders at the upcoming annual meeting in April 1991," Smith announced.

He cited "estimates which warn that 20-40 million people, will die every year from hunger, starvation, and food poisoning, especially in the Third World, as a result of the collapse of the presently existing refrigeration infrastructure, precipitated by the banning of CFC's."

Smith continues, "Further-more, I am calling upon Edgar Bronfman to immediately resign his position on the board of Du Pont, since it was during his "watch" that the company made its disastrous shift in CFC policy."

WARNING

Nexus Magazine has published the information on the next page in the hope that you use it intelligently. Do not go out and buy hydrogen peroxide (bleach) and drink it, or put it into any of your orifices. Why? Because apart from burning the heck out of your body - the medical authorities are just waiting for one good reason to ban the sale and reduce the use of oxygen therapies.

For further information we strongly recommend that you contact one of the people listed below.

VICTORIA:

Contact: Mrs Sherrill Sellman
Light Unlimited Productions
PO Box 184, East Kew 3102
Ph:03 810 9523, 03 810 9591

SOUTH AUSTRALIA:

Contact: Mr Hugh Sangster
Educational Concern for Oxygenation (ECO)
53 Yarmouth St., Brighton
South Australia 5048
Ph: (08) 296 8848

NEW SOUTH WALES

Contact: Ms Ziema McDonnell
Nutrition & Health Centre
441 Pacific Highway, Lindfield
NSW 2070. ph (02) 416 2266

QUEENSLAND

Contact: Mr Lionel DeVine
MS 623, Warwick. Qld. 4370
Ph: (076) 613 814

OXYGENATION UPDATE

Oxygen Therapy

Australia was recently visited by Ed McCabe one of the world's foremost researchers into oxygen therapies.

Rather than express interest in the results of international research into oxygen therapy, the bulk of Australia's medical fraternities chose either to totally ignore or attempt to obstruct Mr McCabe's information from reaching too many people.

It was gratifying to learn however that a few of the braver Doctors were willing to stand up for, what is clearly emerging as a new threat to pharmaceutical companies across the world.

In his book "O2xygen Therapies", Ed McCabe successfully compiles research material from the many uses of Oxygen for health and healing.

So who is Ed McCabe? Several years ago, Ed McCabe became interested in one of the then most unusual of alternative health treatments. For nearly 30 years, several European doctors had been successfully using a procedure called ozone therapy to treat many illnesses. Ed was also surprised to learn of people in the U.S who were using hydrogen peroxide (H₂O₂) as a remedy for arthritis, infectious diseases like herpes, and practically anything else you can name.

Some of these people were drinking solutions of hydrogen peroxide and claiming that it helped them overcome many health problems. What these

two therapies had in common was a proposed healing property related to the element oxygen.

Ed started to experiment on himself. He began by ingesting a few drops of 35% "food grade" peroxide in juice several times a day.



He soon experienced reactions in the form of diarrhoea for three days, a fever for two weeks, and coughed up phlegm for two months. Based on the experiences of others and his own, he concluded that these were normal reactions by a system riddled with toxins, in the process of elimination.

Before experimenting with hydrogen peroxide, Ed experienced regular colds and flu, painful joints, and low energy. After starting his peroxide treatment the colds and flu stopped, the pain in his joints ceased, and his energy and vitality returned with vigour.

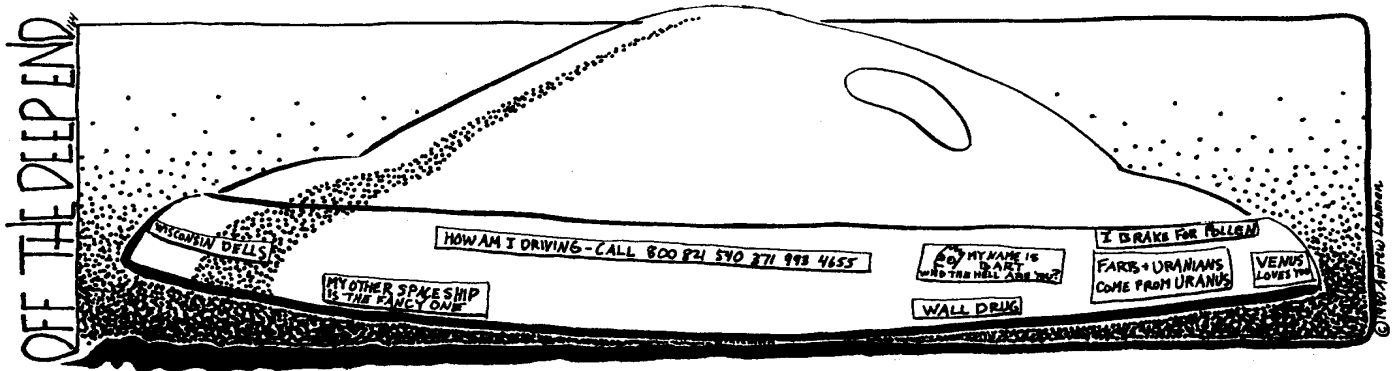
His recent book lists the various forms of treatment using oxygen therapy, and also lists many of the hydrogen peroxide related products available on the US market. Many of these products are also available in Australia.

One of the men that publicly started it all, is Father Richard Willhelm, B.S. He teamed up with Dr. Rosenow (1875-1966) who was associated with the Mayo clinic for over 60 years, and was at one stage considered America's most eminent bacteriologist.

During the course of their research they visited the headquarters of a large pharmaceutical firm and told them about hydrogen peroxide and showed the results of their research.

The spokesperson for the firm said, "Father, I might as well be honest with you; You have to remember that we are a commercial venture. I can see no commercial value what-so-ever in finding that hydrogen peroxide cures anything. You just can't make money out of it."

**WE CAN DO
ANYTHING, UNLESS
WE BELIEVE WE CAN'T**



ETHICAL INVESTMENT

VOTING FOR THE FUTURE

by Amanda Falconer

“Green consciousness is not just affecting the way people cast their vote, it’s increasingly affecting the way people invest their money.”

The Financial Review (8/8/90)

Are you supplying sub-machine guns to South Africa, underwriting oil spills in Alaska, or bank rolling pollution in Kakadu National Park?

Are you promoting Australia’s consumption of alcohol and tobacco, or evicting the aged from their life-long homes? Are you paying for the petrol in a woodchipper’s chainsaw, or supplying torture equipment to the third world? No....? How can you be sure?

VOTING WITH YOUR CASH

When you look at the way you manage your money, you’ll see that you are constantly voting with your cash. A vote is an expression of will, choice or approval, and every time you make a purchase, a deposit, or an investment, you are voting for something.

A FORCE FOR SOCIAL CHANGE

Ethical investment refers to investment in accordance with ethical or moral principles. The ethical principles may relate to political, social, religious or environmental matters. The list of exclusions is as wide as there are viewpoints and a single ethical fund is unlikely to meet the needs of all ethical investors.

People are becoming increasingly aware that if they’re to contribute to cleaning up the environment, then it’s not enough to ‘consciously’ vote only when you’re at the supermarket. If you’ve got your money in an ordinary bank or money market fund, superannuation fund, or unit trust then the chances are that some of it’s working for the very things you don’t really support.

Finding out and directing where your savings and investments go is ultimately a far more powerful way of affecting state, national, and global affairs.

This was well demonstrated last year when the oil spill in Alaska from the Exxon Valdez caused 10,000 customers to send their chopped up Exxon charge cards back to the company, and 7% was knocked off its share price at a time when other oil shares were rising.

The Financial Review (7/2/89) reported that

American socially responsible investment is overwhelmingly concerned with boycotting companies that do big business in South Africa.

The effect has been to drive up the cost of capital to America companies operating in South Africa, as - among others - Ford conceded when it announced that it was selling its South African subsidiary. This is another example of how individual collective actions were able to change the way a company operated.

WE ARE ALL INVESTORS

Companies rely on the money shareholders provide to carry on their business. While some of that share-buying cash comes from private holdings - in Australia, 5% of shares in listed public companies are held by small investors - insurance companies, banks, superannuation funds and other managed investments dominate public company share registers. It is estimated that by the year 2000 superannuation funds alone could hold 50% of the share listed on the Australian stock market.

As members of superannuation funds, investors in trusts, policy holders or account holders with banks, we are all players in the investment world. Where are our funds invested? More to the point, what are we voting for with our cash?

As listed in the 1989 Annual Report for Elders IXL, the twenty largest shareholders included the AMP Society, State Authorities Superannuation Board, National Mutual Life, and Mercantile Mutual Life. The twenty largest shareholders of North Broken Hill Peko Ltd, included the AMP Society, National Mutual Life, State Authorities Superannuation Board, GIO, Colonial Mutual Life, and Prudential Assurance. The twenty largest shareholders of ICI included National Mutual Life, the AMP Society, NRMA Investments, GIO, and Mercantile Mutual Life.

What about your bank? In his article “Banking From the Heart”, Robert Rosen points out that the big three (NAB, Westpac and the ANZ) have strong trading connections with South Africa, and close links with major uranium, timber and agri-business interests. All three have through interlocking directorates and other networks, strong ties with all major sectors of the Australian economy.

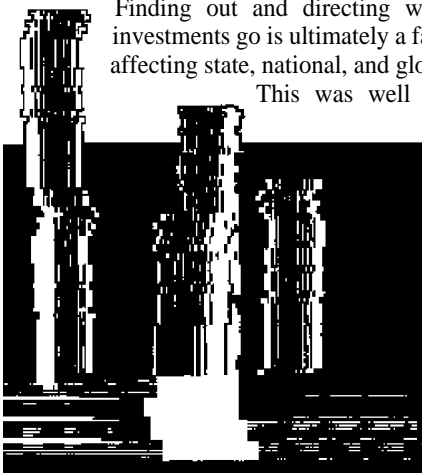
WHAT ARE THE ALTERNATIVES?

Overseas there are a few exceptions to the run-of-the-mill bank; the Ecobank in Germany set up by the Green Party, the South Shore Bank in the US which has played a key role in revitalising the depressed South Shore area of Boston, and the Triodos Bank in Holland. The US also has an American Native People’s Bank, the Womens’ World Bank and the Bank for Socially Responsible Lending plans to open this year in Brooklyn.

In Bangladesh, the Grameen Bank has been remarkably successful in lending money to the poor (mainly women) to set up small businesses.

In Australia there are no “ethical” banks but there are Credit Unions, Cooperatives and Loan Funds that do have ethical criteria.

Continued on page 34



CONSUMER BEWARE

A consumers guide to the labelling of natural hair care products

by Will Evans B.Sc (Chem)

In Australia, about 300 different shampoos compete on the market for their slice of a retail cake worth approximately \$300 million per annum.

Competition is strong and as a result advertising is often misleading.

To determine which shampoo will satisfy your environmental and cosmetic needs is becoming more difficult, especially now the big companies are happy to blatantly mislead the more uninformed 'green consumer'. Let's look a little closer at some of the issues you should be aware of when choosing the best product for your hair.

"NATURAL" - WHAT DOES IT MEAN

The rise of consumer awareness in recent years about the effects of our way of life on the health of the planet has prompted many big businesses to cash in on the 'natural' bandwagon; not least in the area of personal care products. However, it is clear that many of these so-called 'natural' and 'herbal' products contain only minimal and quite ineffectual amounts of these featured ingredients.

Products labelled as 'herbal' are often particularly misleading. Certain active components of herbs are commonly included as synthetic chemical equivalents. For example, allantoin, one of the active components of the herb comfrey, is produced synthetically from a base of cows urine!

The term 'organic' can also be very deceptive. Originally, 'organic' meant 'derived from living organisms (plant or animal)'. In its modern scientific usage the term also applies to virtually all materials containing carbon, including petrochemicals and other totally man-made substances the like of which are not found in nature.

In the area of personal care products, the term 'natural' is used broadly in relation to those products containing a percentage of plant or animal derived ingredients.

ANIMAL TESTING

Animal testing, nowadays mostly carried out by the research sections of large companies and universities, is not necessary when developing new skin and hair care formulations. Volumes of scientific information are available on most ingredients used in modern cosmeticology, including much data originally compiled from results of animal experimentation.

In view of this fact, some countries do not allow the use of the claim 'not tested on animals' on personal care products. Virtually every ingredient suitable for inclusion in these products has at some time been subject to animal testing. The list circulated by animal welfare groups as a consumer guide for shopping, endorses scores of products which in Australia are allowed to display the words 'NOT TESTED ON ANIMALS'. One wonders if they know what that actually means.



ANIMAL INGREDIENTS

Similarly, the same list endorses scores of personal care products as being free from animal ingredients, with the exceptions of beeswax, honey, lanolin and in some cases stearic acid. That stearic acid is found in context with beeswax, honey and lanolin is bewildering indeed. The first three substances are produced in the animal kingdom without requiring the sacrifice of the animal or insect. Stearic acid and its derivatives are used in most skin and hair care preparations. About 99% of the stearic acid derivatives used in the cosmetics industry are made from animal fats, cheap by-products of the meat industry. A more animal ingredient is scarcely possible.

Other commonly used animal ingredients used in hair care products include collagen, keratin and various derivatives of hydrolysed animal protein. Production of some of these materials involves cruelty to animals. High quality

Continued on page 35

HERBS AND THEIR USES

Portulaca and Ginger

by Gregory Ah Ket, Herbalist

Give the shiny green, spreading succulent plant known as *Portulaca oleracea* to an ethnobotanist and he or she will talk about its many different uses: how the Aboriginal tribes of inland Australia - use its tiny seeds to make a damper-style bread; how, in some regions of Europe, farmwives use the stems and leaves as a salad vegetable or else cook them like spinach to serve in soups; and how, in China, the same plant is used principally for its medicinal properties- to treat problems like dysentery and appendicitis.

Ethnobotany observes and records the uses made of plants by different cultures. The plants found on our own kitchen shelves and in our own back gardens, along roadsides and on waste land, as well as in well-tended parks and on cultivated farm land.

GINGER

Once considered a simple culinary ingredient that you purchased from the spice rack in a health food store or supermarket, it is now being repackaged in capsules and sold as medicine. Why? Largely because one piece of simple research, published in *The Lancet* in 1982, found it to be more effective in controlling motions sickness than both the proprietary drug Dramamine and a placebo.

To use it as an anti-emetic (ie to reduce gastric discomfort and vomiting in travel sickness, morning sickness, post-operative nausea etc), you take from a half to one teaspoon or so of powdered ginger root every few hours. The mode of administration doesn't matter all that much. It can be dissolved in a cup of boiling water and drunk like tea. It can be mixed with a similar amount of honey and then swallowed. The fresh root can also be used, as can dried ginger flakes and even candied ginger. In these cases, you simply use much the same amount (slightly more with the fresh item). Needless to say, with prepackaged capsules, all you have to do is follow the instructions printed on the pack or bottle.

There are other significant uses for ginger as a medicinal plant. Some of these come from long-established uses in traditional cultures; others are based on more modern investigations of its properties.

(1) A traditional Chinese remedy, often prepared at home, for simple case of colds and flu:

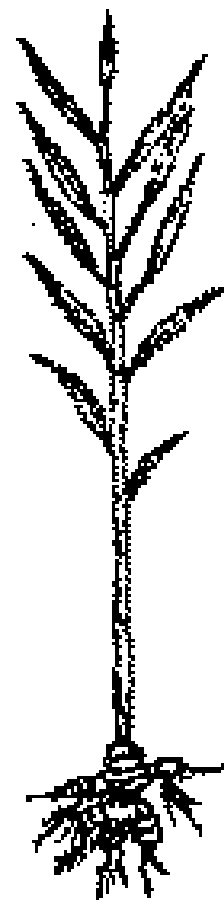
15 grams Fresh Ginger
75 grams Spring Onions

Boil both ingredients together in 500ml of water until the volume is reduced by half, then strain and drink the liquid while it's hot. Repeat 2-3 times per day. Sweeten with sugar or honey if desired. Reduce amounts (e.g to half or quarter dosage) for use with children.

(2) To relieve period pain, take 1 teaspoon of ginger, fresh or dried, every few hours. (Its antispasmodic properties are particularly effective not only for the gastro-intestinal system but for the uterine region as well.)

(3) Ginger is also useful for cardiovascular problems. Like onions, garlic and chilli (cayenne pepper), it has fibrinolytic

Ginger *Zingiber officinale*



properties (it breaks down fibrin in the blood). this helps to reduce thrombus formation (it "thins the blood") and fibrin build-up (those hard, lumpy deposits of fat and fibrin often seen in more severe cases of varicose veins). Consequently frequent (eg daily) consumption of these spices - ginger, onions, garlic and chilli - in food is now being recommended by medical authorities in some countries for those with any sort of tendency towards cardiovascular disorders.

PORTULACA

Portulaca, also known by its common name of Purslane, is widespread in temperate and sub-tropical regions of the world. As a naturalised or indigenous plant, it occurs in Europe, the Middle East, India, south-east Asia, Australia, China, Japan, and the Americas; as a cultivated plant or vegetable, it is also grown in several of these regions.

As Jennifer Isaacs notes in *Bush Food*, the plant is widespread in Australia "from the coast to the inland desert, where it grows along sandy riverbanks." Botanically speaking, it is a succulent, prostrate plant with a distinct taproot and reddish or brownish stems up to 40cm long. Its fleshy, oval shaped leaves grow up to 2.5cm long and its small yellow flowers are without stalks. The fruit (seed pod) is a capsule up to 4mm long with a pointed cap that falls off to reveal numerous tiny black seeds.

As regards Aboriginal use of the plant, women of the Western Desert tribes prepare damper cakes from the seeds of the plant in the following way (details supplied by Yankunytjatjara and Pitjantjatjara informants - see, for example, *Punu: Yankunytjatjara Plant Use*, compiled and edited by Cliff Goddard and Arpad Kalotas):

The uprooted plants with mature, seed-laden capsules are left to dry out in a container for a few days to release the numerous small seeds. These are then winnowed and shaken out on a shallow dish or piece of bark to remove the small capsule pieces. The cleaned seed is then ground to a paste and small damper cakes are baked in hot sand, ashes and coals. One square metre of the plant typically produces about a heaped tablespoon of the seeds. The seeds themselves compare favourably with wheat in nutritional value.

Traditional use of the plant in Europe also focuses on its culinary aspect, but rather than viewing it as a source of grain or flour, it is used as a vegetable in salads, soups and pickles. The succulent leaves and young stems are eaten fresh for their cooling properties in spring and summer salads, whereas the older shoots are used as a pot-herb. The thick stems of plants that have run to seed are pickled in salt and vinegar for later use, sauerkraut-style, in winter salads. In French cuisine, *Portulaca* is combined in equal proportions with Sorrel to make the well-known soup, *bonne femme*.

Contrasting with traditional Aboriginal and European uses, the main use of *Portulaca* in China is for medicinal purposes, specifically for dysentery and enteritis, and also for appendicitis. Reports published in China have shown how, in clinical studies involving thousands of subjects, a decoction of fresh *Portulaca* decreases dramatically the rate of bacillary dysentery in those exposed during epidemics. Overall, the plant was found to be about as effective as sulfa drugs in treating acute or recurrent bacillary dysentery - over 90% effective in acute cases and about 60% effective in chronic cases.

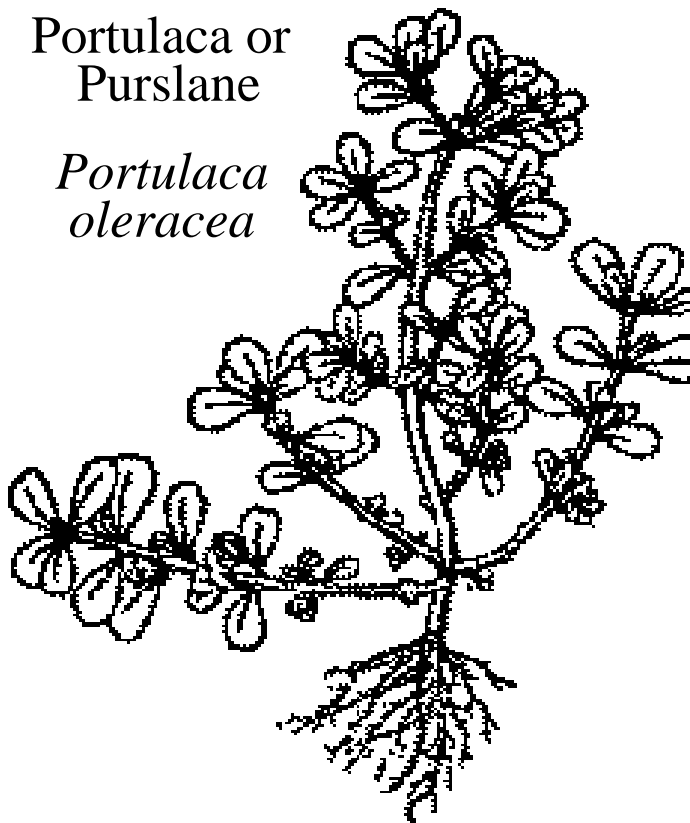
Again, with appendicitis, a decoction prepared from equal parts of *Portulaca* and Dandelion root was used to treat 31 cases of clinically diagnosed appendicitis. Of these, only one patient needed surgery; all the others recovered uneventfully.

The use of *Portulaca* for dysentery is as follows: Steam 550g of fresh *Portulaca oleracea* for 3-4 minutes, then mash to get about 150ml of concentrated liquid. Take 50ml twice a day.

Given these sorts of examples, you begin to appreciate how the use of plants can vary quite dramatically from one culture to

Portulaca or Purslane

Portulaca oleracea



another. Indeed, *Portulaca* and Ginger are just two of many plants that can be understood this way.

Gregory Ah Ket, BA, MNHAA, is a herbalist who practices in Melbourne. Ph (03) 500 9328. He is the author of HERBAL TREATMENT FOR COMMON AILMENTS, recently published by Compendium Pty Ltd. and available at leading bookshops and newsagents.

Mail Orders available at \$16.95 per copy plus \$3 P&P, from Blake & Wasson's Bookshop, GPO Box 1591, Melbourne, Vic, 3001.

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LAW SUIT ACCUSES DENTAL ASSOCIATION OF MASS POISONING !!

The Fluoride and amalgam cover-up is starting to crack open as dozens of dentists sue their own dental association

A lawsuit against the American Dental Association by 40 dentists from across the country alleges that the association has continually and deliberately misinformed the public in promoting fluoridation of water supplies and in insisting that mercury-rich "silver" amalgam fillings are safe.

It accuses the association of breach of contract, fraud, and of trying to intimidate and disparage dentists who have sought to alert the public to the dangers of fluoride and amalgam.

CHIEF TOXICOLOGIST EXPOSES FLUORIDE/CANCER COVER-UP

In the leading medical journal "*The Lancet*" on 22nd September, 1990 a remarkable report stated, "On the 28th August 1990, Dr. William L. Marcus, Chief Toxicologist for the US Environment Protection Agency's (EPA) Drinking Water Program, claimed that the original findings of the National Toxicology Program (NTP) study showed the cancer hazard from fluoridated drinking water to be greater than the NTP was telling the public."

The background to this NTP study showing a cancer-fluoride link is as follows. In 1977 a US Congressional Inquiry was held as a result of scientific research by Dr Burk and Dr Yiamouyiannis showing a link between fluoridated water supplies and cancer deaths.

The Inquiry discovered that the National Cancer Institute and US Public Health Service had endorsed artificial water fluoridation as safe for 25 years without ever having conducted any animal studies into fluoride and cancer! NCI's Frank Rouscher admitted that while the US Public Health Service, of which NCI is a part, has endorsed fluoridation for over 25 years... the NCI had *never conducted any study concerning the carcinogenicity of fluoride.* (Page 13 of the 580 page Congressional Committee Report).

Congress required an immediate three year cancer/fluoride animal study be conducted by the US National Cancer Institute (NCI).

NB: To find out if a chemical causes cancer you don't give it to humans in normal amounts over some decades and see if they die. The standard scientific procedure is to feed animals higher than normal amounts over a few years.

Continued on page 35

UNITED STATES ENVIRONMENTAL PROTECTION AGENCY
WASHINGTON, D.C. 20460
OFFICE OF WATER
MEMORANDUM

DATE: September 24, 1990
SUBJECT: Submission of Analysis on Fluoride Carcinogenicity and Toxicity
FROM: Wm L. Marcus, Ph.D., Senior Science Advisor
Criteria & Standards Division, ODW (WH-550D)
TO: Margaret J. Stasikowski, Director
Criteria & Standards Division, ODW (WH-550D)

At today's meeting I was surprised to hear both you and Alan Hais request that I no longer submit any information concerning fluoride. I took an oath to uphold the constitution when I was sworn in as an employee of the U.S. Government. I take that oath seriously. As the Senior Science Advisor for the Criteria and Standards Division and a trained toxicologist I consider the protection of the public health my primary responsibility. My professional and ethical responsibility is to provide the information on substances that are toxic and in water supplies to my management. What management chooses to do with the information is up to them. I feel it is my professional obligation to provide toxicology information and would be ethically remiss if I did not.

Since fluoride is one of the chemicals under active consideration by the division, I feel obligated to officially provide information, my scientific analysis and conclusions. Your request that I no longer perform the service for which I am paid is unthinkable.

TOWERS OF POWER

The work of Dr. Philip S. Callahan

Of the sixty-five mysterious medieval structures called Round Towers so far located in the lush green countryside of Ireland little is known other than the fact that they are geodetically and astronomically placed and oriented, evidently for some special reason, their windows designed to cast shadows to indicate the day of the solstice or the equinox. That they might be antennas used by medieval Irish monks to capture cosmic waves was Callahan's surprising new theory.

During WWII, while stationed at Belleek, Callahan often visited one of these Round Towers on nearby Devenish Island situated in the middle of Lough Erne. He learned that the local farmers went to considerable effort to barge cows back and forth to the island, purely because the grass was finer than on the mainland.

Upon obtaining a map of Eire, marked with the locations of all its then-known rounded towers, Callahan noticed the positions of the towers formed what looked like a star map of the northern night sky at the moment of the December solstice.

Was there a link between the lush green grass and the position where it stood? Could the round tower be acting as an antenna for some cosmic energy broadcast? The fact that in 1932 Dr. Karl G. Jansky of the Bell Laboratories had first discovered radio waves from the cosmos and had measured those from that particular part of the sky as arriving in 14.6 meter wavelengths, seemed more than just coincidental.

It struck Callahan that the Devenish Tower, precisely positioned and shaped, might be resonating to cosmic radio wavelengths, as well as to some kind of magnetic-field energy. The fact that it consisted of paramagnetic rock also pointed in that direction.

To find out, he began to experiment with small-scale models made of paramagnetic sandpaper and later carborundum, using the exact dimensions published in Prof. G.L. Barrow's book "The Round Towers of Ireland", producing a model of the Devenish Island tower. With a high frequency oscillator called a klystron to gen-

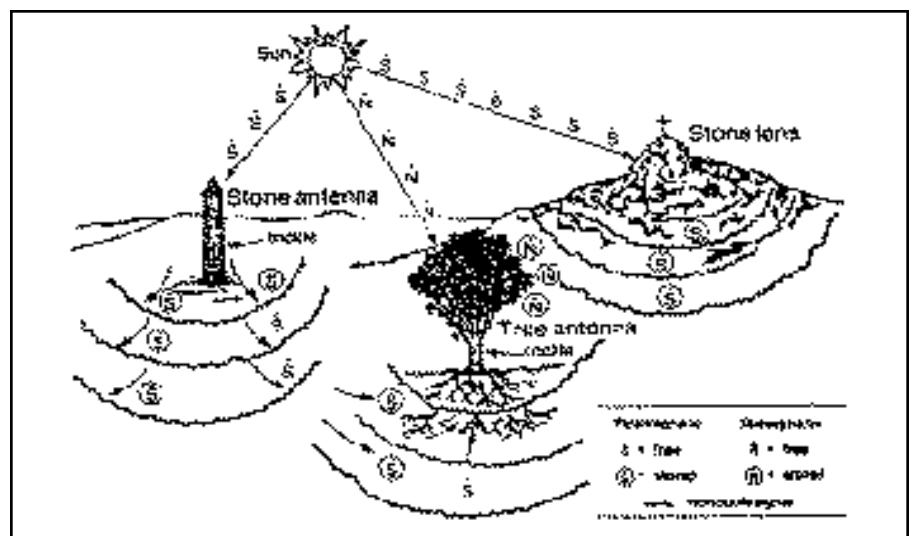
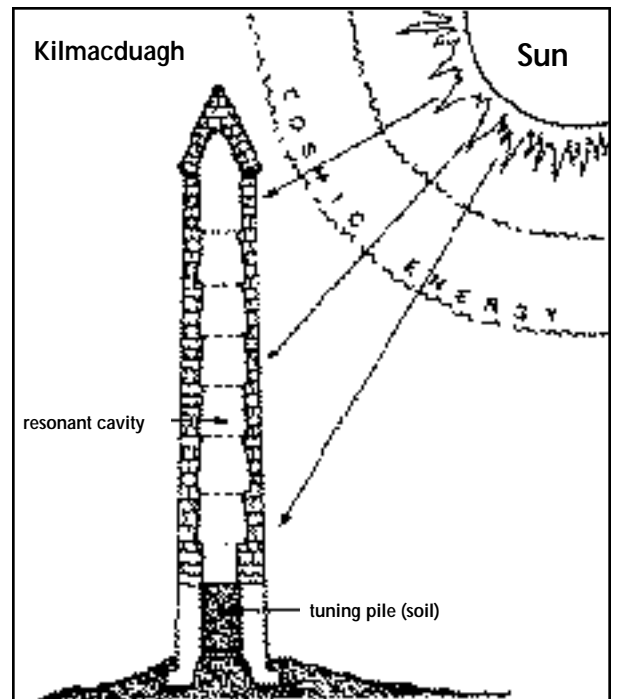
erate a 3cm wavelength of radio energy, he placed his 10cm wide sandpaper model within a radio beam and sure enough, the power meter went up from six to nine decibels of energy, a clear indication that the Irish Round Towers were in fact radio-wave guides, acting the way a magnifying lens does to collect and focus light.

This conclusion also resolved for Callahan the mystery of why the doors to the towers were invariably set many feet above the level of the ground. No matter how mathematically accurate electrical engineers design their antennas, says Callahan, their figuring seldom provides a sharp enough resonance.

Antennas need to be shortened or lengthened by trial and error to conform with an incoming wavelength. To tune their stone antennas to the night sky radiation, says Callahan, the tower builders merely needed to fill each of the interiors with dirt up to a level required to obtain the appropriate incoming frequency.

To further prove the contention that the Irish Round Towers were paramagnetic

antennas, Callahan set out to show magnetic field lines of force on one of his models similar to those shown by iron filings on a sheet of paper under which a magnet is placed. In theory these would appear as rings at different levels. To make them visible he decided to soak a carborundum model of the Turlough Tower in County Mayo in a solution of Epsom salts for 48 hours in the hope that this diamagnetic salt



would be light enough to be affected by the extremely weak forces involved. He was elated to see the model become circled with a spiral of white lines from its pointed top all the way to its base. Even more astonishing, at each level of the model, where a floor and window were located on the larger tower, a particularly strong band of white Epsom slat appeared.

These lines of force were similar to the standing waves of energy that can be measured on a resonant electromagnetic radio antenna, called electromagnetic modes by electrical engineers. In other words it looked as if the towers were designed so that the strongest "mode" lines were concentrated on the floors of the towers.

What the monks were doing says Callahan, was collecting cosmic paramagnetic energy and focussing it with their Round Towers onto the earth in which they planted their crops.

The towers, huge, well designed stone wave-guide detectors of microwave radiation from the cosmic universe, would resonate, according to Callahan, by day to the magnetic energy transmitted by the sun, and by night would capture the 14.6 metre wavelengths emitted from that region of the universe to which they were carefully aligned at the winter solstice. And, because plants exhale highly diamagnetic oxygen during sunlight hours, they are diamagnetic by day, but become paramagnets at night when they concentrate on breathing out highly paramagnetic CO₂.

Aware that form as well as length is necessary for strong resonance in radio antennas, and that the same is true of stone paramagnetic antennas, Callahan wondered what part the characteristic tapering of the Round Towers might play in their paramagnetic properties.

His models showed that tubular structures with conical pyramids, or dunce-cap covers, were ideal conductors. Experimental plants growing around them invariably bowed toward the central tower, with seedlings sprouting more quickly on the north side, leaving those on the due south side to grow to only about half the size.

In 1986, an Arkansas farmer applied this theory using medium sized model built to the same proportions as the Round Towers of Ireland. The farmer raised three six-foot long and one-foot-in-diameter terra-cotta drainpipes filled with highly paramagnetic granulated basalt to irradiate an area of some two hundred acres.

He located the pipes in accordance with Callahan's discovery that his small models radiate most energy in a cloverleaf pattern to the north of where they are situated. To render the terra-cotta towers even more paramagnetic, the farmer topped them with conical pyramids of basalt mixed into cement. The results were spectacular!

*Extracted from "SECRETS OF THE SOIL"
by Peter Tompkins & Christopher Bird.*

Published by Harper & Row (USA) 1989

BUSH FOOD MACROBIOTIC RECIPES

By Roger Green.

Recipes by Victoria Phillips & Vic Cherifoff
Wattleseed Deli - Sydney

Here are some interesting new dishes for you to try over the holiday season. The Wattleseed Deli was established to promote Australian indigenous food along with macrobiotic principles and guidelines. The raw materials for these recipes are available from the shop - many of them are hand foraged by Aboriginal Communities.

Mention this article to the staff and you will receive a complimentary "roasted wattleseed" cappacino.

This year, the Australian School of Macrobiotics will hold its 2nd Annual Summer Camp with Herman and Cornelia Ahara, guest teachers from USA.

The school is also running its regular cooking and healing courses, also its one year dipl. Shiatsu and Counselling courses. Phone 02 660 1100 for more details.

Rainforest Beer Cake

- 1 1/2 cups (250g) chopped raisins
- 1 1/2 cups (250g) chopped dates
- 1 1/2 cups (250g) sultanas
- 1/2 cup chopped dried apricots
- 1/4 cup chopped glaze ginger
- 1/2 cup lemon aspen juice
- 375ml beer
- 250g butter
- 1/2 cup rainforest honey and 3/4 cup native bee honey (or a total of 1 1/4 cups of rainforest honey if native bee honey is unobtainable)
- 1/2 cup Australia's own Wattleseed
- 3 eggs
- 2 cups wholemeal self-raising flour
- 2 cups white unbleached plain flour
- 1 cup small leaved lillipilli fruit
- 1 cup macadamia nut flakes

Combine first seven ingredients in a large bowl and leave stand overnight. Grease a deep 23cm square cake tin and line it with greaseproof paper. Cream honey and butter with an electric mixer until light and fluffy then add eggs one at a time. Do not over beat. Stir in fruit mixture. Sift in flours and fold in lillipilli fruit and macadamia flakes. Spread into tin and bake in slow oven for about 3 1/2 to 4 hours. Wrap in foil and cool in tin.

Herbed kangaroo or Emu

- 1/2 cup macadamia oil
- 1 - 2 crushed dried native pepper leaves
- 2 - 3 crushed dried lemon myrtle leaves
- 20g crumble bush tomatoes
- 1/2 tspn salt
- 1kg kangaroo or emu thigh, sliced into 1 1/2 cm thick steaks

Combine all ingredients and marinated emu for one to two days. To cook, place in oven at about 180C° until the emu is just medium rare. Remove from oven and let

BUSH FOOD - MACROBIOTIC RECIPES

the meat relax in a warm to hot place. It will continue to cook slightly. Serve with your favourite baked vegetables or a fresh salad. kangaroo fillets can be used instead of emu meat and prepared similarly.

Aussie Tabouleh

- 1/2 cup borghul
- 1 1/2 cups chopped tomatoes
- 3/4 cups finely chopped shallots
- 1 1/2 cups chopped, boiled warrigal greens
- 1 tspn salt
- 1/3 cups macadamia oil
- 1/2 cup juice from lemon aspen fruits
- 1 tspn chopped native mint leaves



Soak borghal in warm water for at least one hour. Drain excess water. Add tomatoes, shallots, warrigal greens and salt. Whisk remaining ingredients and combine mixtures. Refrigerate and serve in salad sandwiches or just on pita bread.

Spiced wine quandongs

- 2 cups quandong fruits
- 1 cup Norfolk Punch (herbal wine)
- 1 cup red wine
- 2 tspn wild lime juice
- 1 cup rainforest honey

Soak quandongs in Norfolk Punch until they soften. Add remaining ingredients and bring to the boil. Simmer for no more than 5 minutes. Leave overnight. Serve with whipped cream or soy milk custard.

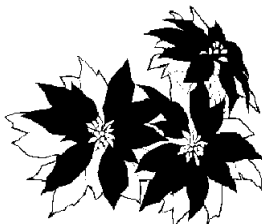
Beach camp crab soup

- 4 cups water
- 1 long yam or two medium sized potatoes
- 1 bunch warrigal greens
- 1/2 bunch sea celery
- 2 medium sized mud crabs, cooked on the coals
- 1 handful of edible seaweed
- milk of 1 coconut
- native pepper leaf

Boil the yam or potatoes in the water until soft. In a separate volume of boiling water blanch the warrigals and sea celery for three minutes and pour off the water. Wash with cold seawater, chop coarsely and add to potato soup. Add chopped seaweed, crab meat and coconut milk. Heat but do not boil. Serve seasoned with crushed pepper leaf.

Wild Green Salad

- 2 cups young nashturtium leaves
- 1 cup Wood Sorrel



- 2 cups green salad vegetables
- 1/4 cup Close Lillipilli
- 1 tspn salt (salt and olive oil)
- 1/4 cup of Olive Oil

Blend Lillipilli (keeping a few aside for garnish) olive oil and salt together. Chop ingredients into salad sized pieces & mix. Mix dressing through salad so that it is completely covered and garnished with Lillipilli. This is a great looking salad as the red Lillipilli contrast well with the green vegetables.

Wild fruit punch

To chilled mineral water, add small leaved lillipilli fruits, wild limes and native currants whole, juice of lemon aspen fruits and a few leave of lemon myrtle. Serve over ice.



Wattle Seed Mousse (sugar free, dairy free)

- 2 cups apple juice
- 2 cups water
- 3 dessert spoons tahini
- 3 dessert spoons hazelnut spread or ground hazelnuts
- 4 1/2 tbs Agar flakes
- 2 1/2 tbs mable syrup (to taste)
- 3 heaped tbs Wattle Seed (can be varied according to taste).

Bring Wattle to boil in water and simmer for 5 minutes, then strain reserving liquid, add water if necessary so that it measures the original 2 cups. (Taste to ensure that the flavour of the wattle is strong enough). Dissolve Agar in apple juice, bring to boil and simmer for 4-5 minutes. Add the Tahini, hazelnut and maple syrup to blender. While blender is mixing, add liquid ingredients slowly so as not to separate nut butters (which would happen if too much liquid was added at once). Pour into mould or wine glass. When serving, decorate with freshly sliced strawberries.

Rosella Chutney

- 2 cups apple
- 1 cup Rosella
- 3 large cloves of garlic
- 1/2 cup Palm sugar/Barley malt
- 1/2 cup cider or vinegar
- 1/2 tsp salt
- 1 Lemon Myrtle leaf



Combine all ingredients in a heavy stainless-steel saucepan. Bring to ingredients to boil and turn down and simmer until you have a jam like consistency. Turn off, let cool and then refrigerate.

Optional Extras:

- Cummin seeds & ginger for a more Easter flavour
- Cloves and Cardamon podes
- Lemon Myrtle (native Australian lemon-scented leaf)

DO BANKS CREATE CREDIT OUT OF THIN AIR?

The A.C.T Legislative Assembly was the scene for an interesting round in the growing debate on whether or not banks create credit out of thin air. The flurry obviously upset the A.L.P and Liberal Party politicians, who seem to vote together on more and more bills these days as it is. Despite their rhetoric, they just did not have any answers to these interesting quotes brought to our attention by Mr. Dennis Stevenson on 13th September 1990.

“Permit me to issue the credit of a nation and I care not who makes the laws” - Mayer Rothschild, founder of the biggest chain of banking houses on the planet.

“When money is lent by a bank it passes into the hands of the person who borrows it without anybody having less. Whenever a bank lends money there is, therefore, an increase in the total amount of money available.” - Dr. H.C. (Nugget) Coombs, former Governor of the Commonwealth Bank, and Reserve Bank, and financial adviser to every Federal Government from Chifley to Whitlam.

“The modern banking system manufactures money out of nothing.

The process is perhaps the most astounding piece of sleight of hand that was ever invented. Banking was

conceived in iniquity and born in sin... Bankers own the earth. Take it away from them, but leave them the power to create money, and with the flick of a pen they will create enough money to buy it back again..But if you want to continue to be slaves of the bankers and pay the cost of your own slavery, then let the bankers continue to

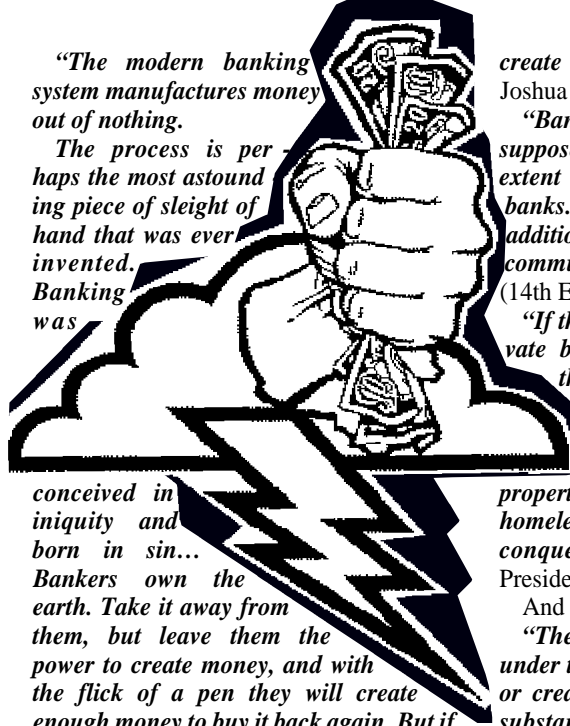
create money and create credit.” - Sir Joshua Stamp of the Bank of England.

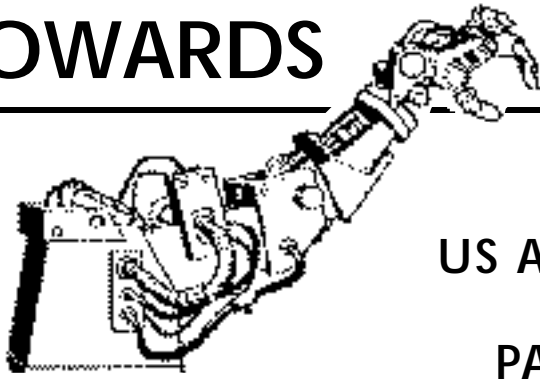
“Banks create credit. It is a mistake to suppose that bank credit is created to any extent by the payment of money into banks. A loan made by a bank is a clear addition to the amount of money in the community.” - Encyclopedia Britannica (14th Edition)

“If the American people ever allow private banks to control the issuance of their currency first by inflation and then by deflation, the corporation that will grow up around them will deprive the people of all their property until their children will wake up homeless on the continent their fathers conquered.” - Thomas Jefferson, President of the United States.

And last but not least...

“There is no more unprofitable subject under the sun than to argue any banking or credit points since there are enough substantial quotations in existence to prove to the initiated that banks do create credit without restraint.” - UK bankers journal ‘Branch Banking’ July 1983 issue.





US ATROCITIES IN PANAMA !

WHO RUNS NEW ZEALAND? A RECENT NZ-UK SPY DOCUMENT HAS STARTLING IMPLICATIONS

The Aotearoa (New Zealand) Peace Movement has obtained (stolen?) a document from the Tangimoana High Frequency Spy Base.

The 169 page document is titled "*Government Communications Headquarters Handbook No.131 for Antenna Systems Type Ax - 19*".

The significance of the find is in the title of the document itself which refers to the British GCHQ, the equivalent of the Australian Defence Signals Directorate (DSD) and the US National Security Agency (NSA). NZ activists believe this confirms their claim that the New Zealand security services are under the control of British (and US) Agencies.

The GCHQ handbook provides guidance on the installation and operation of the high frequency (1.5MHz - 30MHz) direction finding equipment.

The base at Tangimoana contains high frequency antennas and a High Frequency Direction Finding system. Similar facilities operate within Australia at Peace Airbase in WA, Shoal Bay near Darwin and Carbalah in Qld.

Two secret electronic intelligence agreements the 'Radford-Collins' and the 'UKUSA Pact' appear to govern the operations of these and similar facilities. The 'Boss of the wash' appears to be the United States although obviously the UK plays a major role.

Downloaded from the Pegasus Network, oz.antibases conference - Topic 16 by user gekko 2:48 am Nov 6, 1990

Even in Australia, ranked as the most media controlled country in the world, some news of the mass graves in Panama is leaking through. A small mention in the Sunday Telegraph (22 July 1990) mentioned that several Panamanian businessmen were suing the US for gross damage and negligence during the invasion in December 1989. This is an understatement when you consider these extracts from a speech given by Olga Majia, President of Panama's Human Rights Commission, made in New York on 5th April 1990.

"The US invasion of Panama perpetrated by the 82nd Airborne Division under US Southern Command carrying out the orders of George Bush, is an act of genocide.... violence, brutality and the abuse of power that cannot even be classified as unconventional warfare is used against the civilian non-combatant population.... Panama has been brought into the era of common graves, disappeared people, war refugees and ransacking of homes... an independent nation has been forced into submission by a colonising army... Five entire blocks of a poor area, where I was born and spent my early childhood were bombarded and completely wiped out and converted into a graveyard... In the middle of the night came the bombardment, the strafing and machine-gunning and firing of rock ets..

Later came the use of flame throwers, tanks and the collective mourning... It began with the bombardment of the Military HQ followed by the massacre of the civilian population... They machine-gunned wood frame and plaster houses... Many who ran out to flee from the fire died in the streets, machine-gunned down by US troops... Others were burned to death in their homes or dismembered by bombs or flame-throwers. Because

their bodies were charred, they were thrown into plastic bags, along with their identification and personal effects.

Afterwards, they were thrown into the sea or buried in common graves...some bodies were completely destroyed as they were run over by tanks...There were bodies in the streets of El Chorrillo for nearly a week. The Red Cross was not allowed to recover bodies of either the wounded or the dead...US troops also opened fire on the ambulances...'

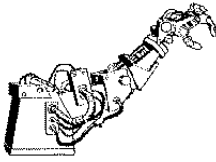
THE GULF CRISIS - WHAT THEY DIDN'T TELL YOU!

*Extracted from "Inside News"
by Peter Sawyer*

For three years now, Iraq has been involved in an economic argument with Kuwait over oil from the Rumailia oil field, possibly one of the biggest in the world, with current estimated reserves of over 30 billion barrels.

The border between Iraq and Kuwait straddled this field. In order to preserve it, the two countries supposedly had an agreement over how much oil would be pumped out, in line with OPEC's quota system for each country. Kuwaiti not only regularly exceeded their quota, they used the surplus to play havoc with the orderly marketing procedures accepted by all the other OPEC nations and the purchasing countries.

It is perhaps wrong to say "Kuwait" did this: in fact these actions were directly ordered by the ruling Al-Sabah family of Kuwait. The Al-Sababs, in turn, did not use this extra revenue to improve the lot of the Kuwaiti people, but rather immediately invested the profits offshore, where they could continue to be controlled by the family, regardless of what happened back home.



The now exiled Al-Sabbah family control a fortune estimated at in excess of one trillion dollars, while the people back home face imminent starvation.

There is little doubt that the Al-Sabah's manipulation of the oil prices (downwards) was ultimately done to service Anglo-American interests and at their behest.

The country which actually stood to lose the most, however, was Russia. As the largest producer of oil in the world, it was quite happy with the OPEC quota system, which ensured stable, reasonable prices. The only thing which would have suited them better was a higher price and a major cut-off of supply from the Gulf. This, of course, is exactly what they are in the process of getting.

After three years of failed negotiations, the Iraqi's and it must be added, the rest of the OPEC nations, were getting a bit sick of the Al-Sabah antics.

Through March and April there had been several meetings of these countries to try and resolve the matter. The other subject discussed at these meetings was the increasingly obvious plan of Israel to invade Jordan, annexe half that nation and move the Palestinians there as the "final solution" to their plan to settle the South Bank and the Gaza Strip.

In April and May, Saddam Hussein met with members of the Arab League and spelled out a plan to invade Kuwait, oust the Al-Sabah family and establish some form of representational government there, after which Iraq would withdraw from Kuwait.

In turn Hussein wanted the Arab League nations to agree to some form of Arab-supplied peace-keeping force to occupy the 3km wide strip of Kuwait which straddles the Rumailia Oil Field and monitor the amount being pumped out, in accordance with the original Iraq-Kuwait agreement.

The Arab League generally agreed to the Iraqi plan, with two provisos:

1- that Iraqi forces withdraw IMMEDIATELY once the Al-Sabahs were gone, to be replaced with an Arab Force and 2 - that the Arab Force not include Egyptians, who were viewed as having entirely sold out to Anglo-American interests.

In June, Hussein met with Soviet officials, who not only agreed to the plan, but eagerly supplied their number one tank strategist and 3,000 experts in the fields of communications, tank and anti-tank warfare and radar monitoring. Most of these people are still there today.

On July 25, Hussein met with the US Ambassador to Iraq and spelled out what was going to happen. He specifically ASKED if the Americans had any major objections to his plan and was assured that the Americans viewed his and the Arab League's actions as the "best solution" to the problem and one that would "ensure stability in the Gulf Region".

Hussein also expressed concern at the build-up of American Forces in Saudi Arabia and the Gulf Sea. He was advised that this was not aimed at him, but at preventing Soviet exploitation of the situation.

(This is not hearsay: the meeting was recorded and both transcripts of the conversation and copies of subsequent communications between the Ambassador and Washington have been reprinted in the papers in USA.)

The official US line now, is that the Ambassador "exceeded her authority" and she has been demoted. The former Ambassador's line is that she was following strict instructions.

All this has been openly reported in the USA press and accounts for the sudden drop for Bush's actions, from 76% at the beginning, to less than 40% at the time of writing and falling like a rock. Over 20% of the members of the US Congress have signed a Resolution condemning Bush's actions, denouncing them as unconstitutional and calling for US withdrawal.

The Trap is Sprung

On August 2nd, Iraq invaded Kuwait. On the VERY SAME DAY, the United Nations Security Council, all the members of which just happened, by sheer lucky coincidence, to be sitting around UN HQ doing nothing and twiddling their thumbs, immediately called an emergency session and voted to condemn Iraq's actions. In several decades and over six hundred Resolutions, this was THE FIRST TIME that the UN had ever taken such action without first calling before it the Foreign Minister of the country involved, to allow them to present their side of the story.

On August 12th, in the face of mounting UN sanctions and the massive US build-up, Hussein announced his wish and intention to withdraw his forces from Kuwait, to be replaced by some form of Arab Nation peace-keeping Force.

In the light of UN sanctions, however, Hussein stated that, in order to bring peace and stability to the region, EVERYBODY should withdraw from EVERYWHERE, under the same conditions, subject to the same rules and punished by the same (UN) sanctions for failure to comply. Withdrawal should be supervised by the UN in accordance with the various Resolutions it had passed over the years, condemning the various occupations.

As well as Iraqi withdrawal from Kuwait, he specifically listed the Israeli occupation of Palestinian, Syrian and Lebanese territories (the subject of UN Condemnation, but no action for 8 years); Syrian occupation of parts of Lebanon; and US withdrawal from Saudi-Arabia.

The only other thing Hussein called for was that the Kuwait should be allowed to democratically decide its own future, rather than having the Al-Sabah regime re-imposed on them.

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BATTLE FOR YOUR MIND



There are mass movements without devils but they seldom attain major status. The True Believers are mentally unbalanced or insecure people, or those without hope or friends. People don't look for allies when they love, but they do when they hate or become obsessed with a cause. And those who desire a new life and a new order feel the old ways must be eliminated before the new order can be built.

PERSUASION TECHNIQUES

Persuasion isn't technically brain-washing but it is the manipulation of the human mind by another individual, without the manipulated party being aware what caused his opinion shift. I only have time to very basically introduce you to a few of the thousands of techniques in use today, but the basis of persuasion is always to access your RIGHT BRAIN.

The left half of your brain is analytical and rational. The right side is creative and imaginative. That is overly simplified but it makes my point. So, the idea is to distract the left brain and keep it busy. Ideally, the persuader generates an eyes-open altered state of consciousness, causing you to shift from beta awareness into alpha; this can be measured on an EEG machine.

First, let me give you an example of distracting the left brain. Politicians use these powerful techniques all the time; lawyers use many variations which, I've been told, they call "tightening the noose."

Assume for a moment that you are watching a politician give a speech. First, he might generate what is called a "YES SET." These are statements that will cause listeners to agree; they might even unknowingly nod their heads in agreement. Next come the TRUISMS. These are usually facts that could be debated but, once the politician has his audience agreeing, the odds are in the politician's favour that the audience won't stop to think for themselves, thus continuing to agree. Last comes the SUGGESTION. This is what the politician wants you to do and, since you have been agreeing all along, you could be persuaded to accept the suggestion. Now, if you'll listen closely to my political speech, you'll find the first three are the "YES SET," the next three are TRUISMS and the last is the SUGGESTION.

"Ladies and gentlemen: are you angry about high food prices? Are you tired of astronomical gas prices? Are you sick of out-of-control inflation? Well, you know the Other Party allowed 18% inflation last year; you know crime has increased 50% nationwide in the last 12 months, and you

know your pay-cheque hardly covers your expenses any more. Well, the answer to resolving these problems is to elect me, John Jones, to the U.S. Senate."

And I think you've heard all that before. But you might also watch for what are called IMBEDDED COMMANDS. As an example: On key words, the speaker would make a gesture with his left hand, which research has shown is more apt to access your right brain. Today's media-oriented politicians and spellbinders are often carefully trained by a whole new breed of specialist who are using every trick in the book - both old and new - to manipulate you into accepting their candidate.

The concepts and techniques of Neuro-Linguistics are so heavily protected that I found out the hard way that to even talk about them publicly or in print results in threatened legal action. Yet Neuro-Linguistic training is readily available to anyone willing to devote the time and pay the price. It is some of the most subtle and powerful manipulation I have yet been exposed to. A good friend who recently attended a two-week seminar on Neuro-Linguistics found that many of those she talked to during the breaks were government people.

Another technique that I'm just learning about is unbelievably slippery; it is called an INTERSPERSAL TECHNIQUE and the idea is to say one thing with words but plant a subconscious impression of something else in the minds of the listeners and/or watchers.

Let me give you an example: Assume you are watching a television commentator make the following statement: "SENATOR JOHNSON is assisting local authorities to clear up the stupid mistakes of companies contributing to the nuclear waste problems." It sounds like a statement of fact, but, if the speaker emphasises the right word, and especially if he makes the proper hand gestures on the key words, you could be left with the subconscious impression that Senator Johnson is stupid. That was the subliminal goal of the statement and the speaker cannot be called to account for anything.

Persuasion techniques are also frequently used on a much smaller scale with just as much effectiveness. The insurance salesman knows his pitch is likely to be much more effective if he can get you to visualise something in your mind. This is right-brain communication. For instance, he might pause in his conversation, look slowly around your living room and say, "Can you just imagine this beautiful home burning to the ground?" Of course you can! It is one of your unconscious fears and, when he forces you to visualise it, you are more likely to be manip-

ulated into signing his insurance policy.

The Hare Krishnas, operating in most US airports, use what I call SHOCK AND CONFUSION techniques to distract the left brain and communicate directly with the right brain.. While waiting for a plane, I once watched one operate for over an hour. He had a technique of almost jumping in front of someone. Initially, his voice was loud then dropped as he made his pitch to take a book and contribute money to the cause. Usually, when people are shocked, they immediately withdraw. In this case, however, they were shocked by the strange appearance, sudden materialisation and loud voice of the Hare Krishna devotee.

In other words, the people went into an alpha state for security because they didn't want to confront the reality before them. In alpha, they were highly suggestible so they responded to the suggestion of taking the book; the moment they took the book, they felt guilty and responded to the second suggestion: give money. We are all conditioned that if someone gives us something, we have to give them something in return - in that case, it was money. While watching, I was close enough to notice that many of the people he stopped exhibited an outward sign of alpha - their eyes were actually dilated.

SUBLIMINAL PROGRAMMING

Subliminals are hidden suggestions that only your subconscious perceives. They can be audio, hidden behind music, or visual, air-brushed into a picture, flashed on a screen so fast that you don't consciously see them, or cleverly incorporated into a picture or design.

Most audio subliminal reprogramming tapes offer verbal suggestions recorded at a low volume. I question the efficacy of this technique - if subliminals are not perceptible, they cannot be effective, and subliminals recorded below the audible threshold are therefore useless. The oldest audio subliminal technique uses a voice that follows the volume of the music so subliminals are impossible to detect without a parametric equaliser. But this technique is patented and, when I wanted to develop my own line of subliminal audio cassettes, negotiations with the patent holder proved to be unsatisfactory.



My attorney obtained copies of the patents which I gave to some talented Hollywood sound engineers, asking them to create a new technique. They found a way to psycho-acoustically modify and synthesize the suggestions so that they are projected in the same chord and frequency as the music, thus giving them the effect of being part of the music. But we found that in using this technique, there is no way to reduce various frequencies to detect the subliminals. In other words, although the suggestions are being heard by the subconscious mind, they cannot be monitored with even the most sophisticated equipment.

If we were able to come up with this technique as easily as we did, I can only imagine how sophisticated the technology has become, with unlimited government or advertising funding. And I shudder to think about the propaganda and commercial manipulation that we are exposed to on a daily basis. There is simply no way to know what is behind the music you hear. It may even be possible to hide a second voice behind the voice to which you are listening.

The series by Wilson Bryan Key, Ph.D., on subliminals in advertising and political campaigns well documents the misuse in many areas, especially printed advertising in newspapers, magazines, and posters.

The big question about subliminals is: do they work? And I guarantee you they do. Not only from the response of those who have used my tapes, but from the results of such programs as the subliminals behind the music in department stores.

Supposedly, the only message is instructions to not steal: one East Coast department store chain reported a 37% reduction in thefts in the first nine months of testing.

A 1984 article in the technical newsletter, "Brain-Mind Bulletin", states that as much as 99% of our cognitive activity may be "non-conscious," according to the director of the Laboratory for Cognitive Psychophysiology at the University of Illinois. The lengthy report ends with the statement, "these findings support the use of subliminal approaches such as taped suggestions for weight loss and the therapeutic use of hypnosis and Neuro-Linguistic Programming."

Final chapter to be continued in Nexus Vol.2, #3 (April/May 1991)

BUILD YOUR OWN "Bio-Pacer"

Countermeasure for Electronic Pollution - by Peter Nielsen

Just when you thought things couldn't get more unreal, you read about the insidious, all-pervading "AIDS of the airwaves" - **ELECTROMAGNETIC POLLUTION.**

For those of you who aren't hiding under the futon, this issue of Nexus offers plans for a simple, yet effective, solution. It works by supplementing airborne radiations from communications, power lines, motors and appliances with a set of synthesized frequencies based on those found in nature.

IT HERTZ

Magnetism, in addition to being steady as in the permanent sort, may undergo pulsations when generated by an alternating electrical flow. These are measured in cycles per second, termed Hertz (Hz), and are now known to affect living tissue, in amazingly low concentrations, depending on their repetition rate and extremity of wave-shape. The dimensional span of each cycle is called its "wavelength", which may also occur through electrifying a physical object of the same measurement.

A predominant interaction occurs within the neuro-physics of the mind - an exotic soup of piezo-, ferro-, super- and semi- conductivity. The cerebral cortex and hypothalamus, sites for sensory input and behaviour, are most vulnerable. The electrostatic sensitivity of RNA alone is a staggering 250,000 times that of air. Accordingly, the first sign of intrusion by dissonant EM fields is often disorientation, attributed to induced brainwave patterns unrelated to any observable stimuli. This is followed by inappropriate release of mood-altering enzymes and endocrines.

Ordinarily, our bio-electrical field tends to synchronize with key geo-physical dynamics, which act as a subliminal clocking mechanism. They are represented by two primary sources:

- 1) 3.5Hz: the Earth sphere resonance; and
- 2) 7.83Hz & 10.5Hz: Earth atmospheric resonances.

Organic systems mutate from their "intended" state of balance, for better or worse, when subjected to oscillatory functions beyond these stable parameters. Most man-made ones are, and of sufficient diversity as to inhibit acclimatization. The static magnetic field of the planet measures about 0.5 gauss. Operating brain cells produce magnetic currents on billionth of this! A hairdryer pumps out 10-25 gauss at 50Hz. Ample evidence of metabolic and psychological distress from such arbitrary emissions is revealed elsewhere in this publication. At this point it is unclear whether our body's wide-ranging autonomic responses reflect an improvised adaptation to EMF, or hopeless confusion. Sensitivity varies markedly between individuals.

A paper by Choy, Munro and Smith in *Clinical Ecology*

describes frequency specific reactions resembling allergies in a wide cross section of patients. Surprisingly, identical effects occurred from contact with water previously exposed to the same vibration. Metal screening techniques confirmed re-emission at a higher harmonic, on formerly correlated with vital intra-cellular communications. Our body is 99% fluid, and may likewise retain active components of radiational energies long after exposure - and what about electrically heated food, and the water we drink and bathe in?

In the early 1900's, a Viennese professor decomposed water into oxygen and hydrogen with simple magnets, implying as yet uncorrelated bio-molecular reactions. The Spanish neuro-scientist, Dr. Jose Delgado, used coaxial "helmholtz" coils, ordinarily applied to healing bone fractures, in pulsed mode to directly stimulate pleasure centres in the brain. My preliminary research indicates that, when calculated for terrestrial magnetic intensity, the mobilising cyclotron resonance of most atomic elements falls within the proliferate ELF (extreme low frequency) range. Presence of artificial fields would alter normal migration of so-influenced substances throughout the entire body.

COSMIC JUICE BAR

By providing a supplemental source of NATURAL radiations, at comparable amplitude, our magnetic "nutrients" can be easily re-introduced. In one landmark experiment at the Max Planck Institute in Germany, the desynchronised biorhythms of volunteers were restored within minutes by a 10Hz. signal, applied at an external field strength of only 2.5 volts/meter. Similar apparatus was fitted to manned spacecraft.

The Chinese used magnetic powders for healing 1200 years ago, and small adhesive magnets of up to 3,500 gauss are now sold for application to acupuncture points. Steady fields are also known to produce delta spindles within a normal "alpha" brainwave pattern. This condition implies a unique superimposition of sleep and waking, that favours lucid dreaming and mystical experiences.

Generally, the north magnetic pole activates while the south depresses, and convergence of like polarities compresses space/time into highly reactive "scalar" waves, which can be focussed internal to the body. In applying the latter at 8Hz. to white blood cultures, recent contributors to the *US Psychotronics Journal* reported cell growth nearly doubling that of exposure to ordinary EM fields at the same predisposing frequency. Similar experiments with the ever-present 50Hz. mains have suppressed this response, weakening immunity to other stressors acting on the body.

Related weapon systems for behavioural control are being tested while society remains conveniently ignorant of so-called "inconclusive" research conducted since the 1930's. Promising therapeutic devices, such as the "Dotto Ring", "Priore Machine", "Rife Generator" and "Lakhov-

sky MWO”, which regulate cellular functions through EM resonance, have been sidetracked by repressive legislation. Anti-carcinogenic and rejuvenating properties were demonstrated during their brief trials. The Russians produced sleep transmitter technology years ago and then beamed its psychoactive waves at the US embassy in Moscow resulting in the installation of suitable shielding equipment.

PSI-FI

I can walk into my lab, touch the probe of a test instrument, and read that my body is absorbing nearly 3 volts of 50Hz ‘stray’ radiation from the surrounding mains wiring. Of this, and the thousands of information-carrying frequencies instituted by modern communications, few biological studies were ever made. Technocrats crudely presumed that tissue structures were transparent to all wavelengths, except those of corresponding dimension.

However, the TOTALITY of a biological system contains unpredictable non-linear responses, intended by nature to utilise low frequency fields. Today, biochemistry is merging with energetics to model a new living alchemy. Meanwhile, in most countries, there are still no legal constraints on EMF exposures below 1 million Hertz.

Have you ever been humming a popular song, then turned on the radio and found it playing? Have you ever felt someone looking at you? These are technologically obscured natural faculties. Not long ago, it was demonstrated that the focussing of attention induces minute electrical charges in objects. An inverse effect could partly explain our fatal attraction for technology, and corresponding loss of a more all-embracing awareness.

ELF BAND AID

The Soviet Union has already invested billions in a global brain entrainment network, affectionately dubbed “the woodpecker”. Phase locking of human brainwaves has been documented halfway around the globe.

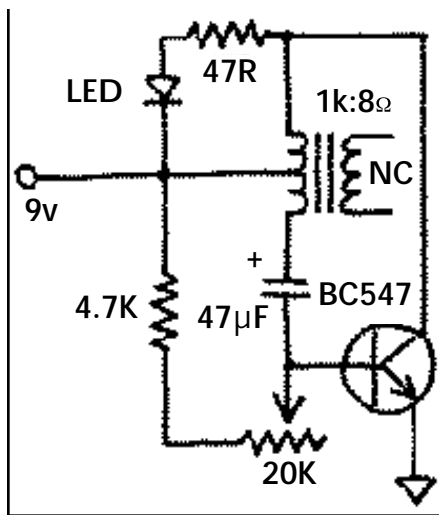
However, for about \$10 you can stuff it up - within a radius of a few feet. Just follow the simple diagram below. In addition to countering most any unwanted signal with a more beneficial one, it can also be tuned to access the body’s internal pharmacopea. For repeatable results you will need to calibrate the control knob with a borrowed frequency meter, accurate to at least 0.1Hz. in the sub-audio range. A ten-turn potentiometer is recommended. The transformer is a common 1K:8 ohm audio output type.

Try the natural frequencies first:

- 1) 3.5Hz - *sleep, trance, deep relaxation;*
- 2) 7.83Hz - *insight, meditation, tuning in;*
- 3) 10.5Hz - *mind powers, creativity, active learning.*

These apply to all species, creating a common Earth bond - and speculative basis for coupling of multiple nervous systems.

As part of our survival instinct, other EMF transients in the 0.01 - 100 Hz. range are subliminally interpreted as impinging seismic activity, solar storms, lightning dis-



charge - in other words, events compelling attention. Visceral sensing of sub-acoustic frequencies generated by wind and water keeps us attuned to larger dynamics working in the environment. Your TV screen flickers at 25Hz.

While of low intensity, such long waves travel virtually without loss - until focussed by geological or man made deposits of, in particular, ferrous metals. Involuntary states of heightened awareness triggered on site, can result in mental aberrations, or spontaneous psychism, depending on the wave permutations encountered. What would you expect from a steel reinforced office block? Re-

radiated energies from household plumbing are another potential source of behavioural uncertainty.

PULSING OFF

The circuit illustrated emits BIPOLAR pulses, optimal, and non-destructive, in relation to the pioneering neurological research of Dr. John Lilly. It requires a 9 or 12 volt mains adaptor to produce stable output for constant use applications. If run from a battery, frequency will shift with depletion.

Similar units are used for jet lag, and geopathic stress caused by poorly sited dwellings. Seed germination, plant growth, drug withdrawal, ESP, pain relief and tissue regeneration represent other areas of current interest. Remember, this IS new territory, so proceed with moderation, and at your own risk. As a precaution, persons with epilepsy or implanted pacemakers are advised to refrain.

For those unfamiliar with the electronics in this project, a completed circuit board is available on a no claim basis from the author: PO Box 87, Byron Bay NSW 2481 for \$25.00 ppd. You will need to add your own enclosure, plugpack, and friendly technician to do the calibrating, if desired. Get back to nature with technology? Now I’ve heard everything.

THE DARK SIDE

In closing, I would like to paraphrase a former US Government researcher. “The Programmed Cont Pulsar is ideal for the learned behaviour technique. The Waveform Generator produces a distinguishable, usually pleasant waveform, which is repeated many times. This is ELF swept ultrasonics for greater range and neural coupling. The subject adapts to this electromagnetic “tune”, which comes across like something one actually hears - a favourite jingle playing over and over in the mind.

To disrupt the subject, this need only be garbled with a Randomiser. Unable to reconcile or predict the resulting distortions, the subject stays in an aroused state, becoming extremely agitated and upset. Symptoms of severe mental illness can result. If a conditioned response can be attached to the superimposed pulse trains by conventional media, we have undetectable population control.”

THE UFO COVER-UP

John Lear is a Lockheed L-1011 captain for a major US airline and has flown over 160 different types of aircraft in over 50 different countries. He holds 17 world speed records in the Lear Jet and is the only pilot ever to hold every airman certificate issued by the Federal Aviation Administration. Mr. Lear has flown missions worldwide for the CIA and other government agencies. A former Nevada State Senator candidate, he is the son of William P. Lear, designer of the Lear Jet, the 8-track stereo and founder of Lear Siegler Corporation. Lear became interested in UFO's in the summer of 1986 after talking with US Air Force personnel who had witnessed a UFO landing at Bentwaters AirForce Base, near London, UK, and three small aliens walking up to Wing Commander Gen. Gordon Williams.

The sun does not revolve around the Earth. The United States government has been in business with little gray extra-terrestrials for about 20 years.

The first truth stated here got Giordano Bruno burned at the stake in 1600 for daring to propose that it was real. The second truth has gotten far more people killed trying to state it publically than will ever be known.

But the truth must be told. The fact that the earth revolves around the sun was successfully suppressed by the church for over 200 years. It eventually caused a major upheaval in the church, government and thought. A realignment of social and traditional values. That was in the 1800's.

Now, about 400 years after the first truth was pronounced we must again face the shocking facts. The "horrible truth" the government has been hiding from us over 40 years. Unfortunately "the horrible truth" is far more horrible than the government ever imagined.

In its effort to protect democracy our government sold us to the aliens. And here is how it happened. But before I begin I'd like to offer a word in the defense of those who bargained us away. They had the best of intentions.

The "horrible truth" was known by only a very few persons: they were indeed ugly little creatures, shaped liked praying mantises and who were more advanced than us by perhaps a billion years. Of the original group that were the first to learn "the horrible truth" several committed suicide, the most prominent of which was Defence Secretary James V. Forrestal who jumped to his death from a 16th storey hospital window. Secretary Forrestal's medical records are sealed to this day.

President Truman quickly put a lid on the secret and turned the screws so tight that the general public still thinks that flying saucers are a joke.

In 1947 President Truman established a group of 12 top military and scientific personnel of their time. They were known as MJ-12. Although the group exists today, none of the original members are still alive. The last one to die was Gordon Gray, former Secretary of the Army, in 1984. As each member passed away, the group itself appointed a new member to fill the position. There is some speculation that the group known as MJ-12 expanded to at least several more members.

There were several more saucer crashes in the late 1940's, one in Roswell, New Mexico, one in Aztec, New Mexico and one near Laredo, Texas, about 30 miles inside the Mexican border.

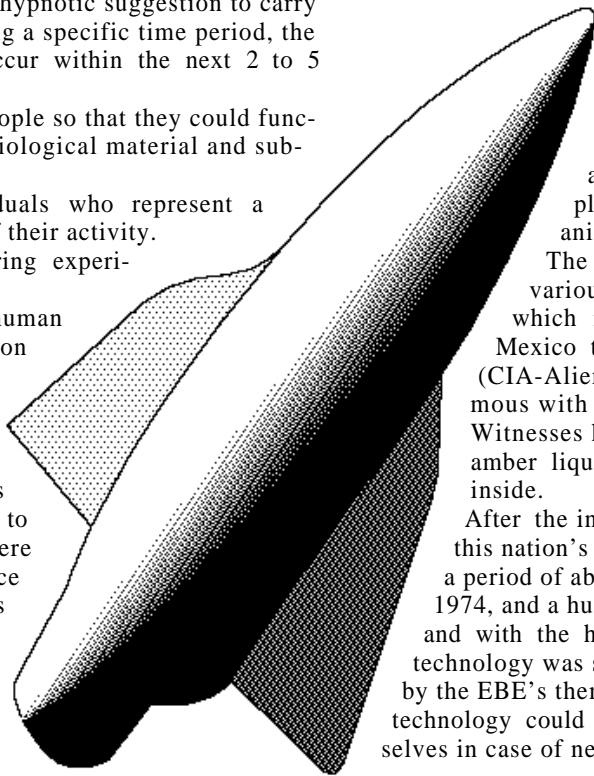
On April 25th, 1964, the first official communication between these aliens and the US Govt took place at Holloman Air Force Base in New Mexico. Three saucers landed at a pre-arranged area and a meeting was held between the aliens and intelligence officers of the US Government

During the late '60s or early '70s, MJ-12 representing the US Govt, made a deal with these creatures called EBE's (Extraterrestrial Biological Entities, named by Detlev Bronk, original MJ-12 member and 6th president of Johns Hopkins University). The 'deal' was that in exchange for 'technology' that they would provide to us we agreed to 'ignore' the abductions that were going on and suppress information on the cattle mutilations. The EBE's assured MJ-12 that the abductions (usually lasting about 2 hours) were merely the ongoing monitoring of developing civilisations.

In fact, the purposes for the abductions turned out to be:

- 1) Insertion of a 3mm spherical device through the nasal cavity of the abductee into the brain. The device is used for the biological monitoring, tracking and control of the abductee.
- 2) Implementation of post hypnotic suggestion to carry out a specific activity during a specific time period, the actuation of which will occur within the next 2 to 5 years.
- 3) Termination of some people so that they could function as living sources for biological material and substances.
- 4) Termination of individuals who represent a threat to the continuation of their activity.
- 5) Effect genetic engineering experiments.
- 6) Impregnation of human females and early termination of pregnancies to secure the crossbred infant.

The U.S. Government was not initially aware of the far reaching consequences of their 'deal'. They were lead to believe that the abductions were essentially benign and since they figured the abductions would probably go on anyway whether or not they agreed, they merely insisted that a current list of abductees be submitted, on a



periodic basis to MJ-12 and the National Security Council. Does this sound incredible? An actual list of abductees sent to the National Security Council? Read on, because I have news for you.

The EBE's have a genetic disorder in that their digestive system is atrophied and not functional. Some speculate that they were involved in some type of accident or nuclear war, or possibly on the back side of an evolutionary genetic curve. In order to sustain themselves they use an enzyme or hormonal secretion obtained from the tissue that they extract from humans and animals.

(Note: Cows and humans are genetically similar. In the event of a national disaster cow haemoglobin can be used by humans.)

The secretions obtained are then mixed with hydrogen peroxide and applied on the skin by spreading or dipping parts of their bodies in the solution. The body absorbs the solution then excretes the waste back through the skin. The cattle mutilations that were prevalent throughout the period 1973-1983 and publically noted through newspaper and magazine stories and included a documentary produced by Linda Howe for the Denver CBS affiliate KMGH-TV, were for the collection of these tissues by the aliens. The mutilations included genitals taken, rectums cored out to the colon, eyes, tongue and throat all surgically removed with extreme precision. In some cases the incisions were made by cutting between the cells, a process we are not yet capable of performing in the field. In many of the mutilations there was no blood found at all in the carcass, yet there was no vascular collapse of the internal organs. This has been also noted in the human mutilations, one of the first ones of which was Sgt. Jonathon P. Louette at the White Sands Missile Test Range in 1956 who was found three days after an Air Force Major had witnessed his abduction by a 'disk shaped' object at 0300 hours while on a search for missile debris downrange. His genitals had been removed, rectum cored out in a surgically precise "plug" up to the colon, eyes removed and all blood removed with again, no vascular collapse. From some of the evidence it is apparent that this surgery is accomplished in most cases while the victim, animal or human is still alive.

The various parts of the body are taken to various underground laboratories one of which is known to be near the small New Mexico town of Dulce. This jointly occupied (CIA-Alien) facility has been described as enormous with huge tiled walls that 'go on forever'. Witnesses have reported huge vats filled with an amber liquid with parts of bodies being stirred inside.

After the initial agreement, Groom Lake, one of this nation's most secret test centres, was closed for a period of about a year sometime between 1972 and 1974, and a huge underground facility constructed for and with the help of the EBE's. The bargained for technology was set in place but could only be operated by the EBE's themselves. Needless to say, the advanced technology could not be used against the EBE's themselves in case of need.

During the period between 1979 and 1983, it became increasingly obvious to MJ-12 that things were not going as planned. It became known that many more people (in the thousands) were being abducted than were listed on the official abduction lists. In addition it became obvious that some, not all, but some of the nations missing children had been used for secretions and other parts required by the aliens.

According to some, there was an altercation between the US military and the aliens at the Dulce laboratory. A special armed forces unit was called in to try and free a number of our people trapped in the facility who had become aware of what was really going on. According to one source 66 of the soldiers were killed in the effort and our people were not freed.

By 1983, MJ-12 must have been in stark terror at the mistake they had made in dealing with the EBE's. They had subtly influenced (through Dr. Hynek, formerly with the Blue Book Project, who had allegedly broken ties with the Air Force in the late '60s but who in reality continued to be their informant in his cover capacity of Director of the Centre for UFO Studies) "Close Encounters of the Third Kind", and "E.T." (now admitted by some members of MJ-12 to have been a 'drastic mistake') to get the public used to "odd looking" aliens that were compassionate, benevolent and very much our "space brothers". MJ-12 had, in

effect, 'sold' the EBE's to the public, and were now faced with the fact that quite the opposite was true. In addition, a plan had been formulated in 1968 to make the public aware of the existence of aliens on earth over the next 20 years to be culminated with several documentaries to be released during the 1985-1987 period of time. These documentaries would explain the history and intentions of the EBE's. The discovery of the "Grand Deception" put the entire plans, hopes and dreams of MJ-12 into utter confusion and panic.

Meanwhile at the "Country Club", a remote lodge with private gold course, comfortable sleeping and working quarters and its own private airstrip built by and exclusively for the members of MJ-12, it was a factional fight of what to do now.

Part of MJ-12, which had now become military top-heavy, wanted to confess the whole scheme and shambles it had become to the public, beg their forgiveness and ask for their support. The other part (and majority) of MJ-12 argued that there was no way they could do that, that the situation was untenable and there was no use in exciting the public with the "horrible truth" and that the best plan was to continue the development of a weapon or 'plan of containment' that could be used against the EBE's under the guise of "SDI", the so-called Strategic Defense Initiative which had nothing whatever to do with a defense for inbound Russian nuclear missiles. In fact, the real definition of purpose for SDI read "The plotting, tracking and acquisition of article in deep space." As these words are being written, Dr. Edward Teller, 'father' of the H-bomb is personally in the nuclear test tunnels of the Nevada Test Site, driving his workers and associates in the words of one, "like a man possessed". And well he should be for Dr.

Teller is a member of MJ-12 along with Dr. Kissinger, Admiral Bobby Inman, General Lew Allen to name a few members of MJ-12.

Before the "Grand Deception" was discovered and according to a meticulous plan of metered release of information to the public, several documentaries and video tapes were made. William Moore, a Burbank, California based UFO researcher who wrote "The Roswell Incident", has a video tape of newsmen interviewing a military officer associated with MJ-12. This military officer answers questions relating to the history of MJ-122 and the cover-up, the recovery of a number of flying saucers and the existence of a live alien (one of 3 living aliens captured and designated or named EBE-1, EBE-2 and EBE-3 being held in a facility designated as YY-II at Los Alamos, New Mexico. The only other facility of this type, which is electromagnetically secure, is at Edwards Air Force Base in Mojave, California). The officer names names as previously mentioned plus a few other: Harold Brown, Richard Helms, Gen. Vernon Walters, JPL's Dr. Lew Allen and Dr.

Theodore von Karman to name just a few of the current and past members of MJ-12.

The officer also relates the fact that the EBE's claim to have created Christ. The EBE's have a type of recording device that has recorded all of earth's history and can display it in the form of a hologram. The crucifixion of

Christ on the Mount of Olives has allegedly been put on film to show the public. The EBE's claim to have created Christ, which, in view of the 'Grand Deception' could be an effort to disrupt traditional values for undetermined reasons.

Moore is also in possession of more Aquarius documents, a few pages of which leaked out some years ago and detailed the supersecret NSA (National Security Agency) project, the existence of which had been denied until just recently. NSA's project Aquarius deals specifically with 'communications with aliens'. Within the Aquarius program was project 'Snowbird', set up to test fly a recovered alien aircraft at Groom Lake, Nevada. This project continues today at that location. In the words of an individual who works at Groom Lake 'our people are much better at taking things apart than they are at putting them back together'. Another saw a saw being trucked into the Nevada Test Site in March of 1988. Still another informant witnessed a saucer being buried at that location during the second week of August 1988.

Whatever the answer these facts are indisputable. The extent and number of persons reported missing every year is a closely guarded secret. (Since 1980 at least 20,000 children have been reported missing EACH YEAR.) Cattle mutilations (over 14,000 since 1973) are regarded officially by the government as 'a hoax'. Human abductions are officially regarded by the government as 'a hoax'. The latest polls show that 88% of all Americans believe that intelligent life on other planets is probable and that over 20 million Americans have seen what they believe to be a UFO. But the US government officially dismisses 'flying saucers' as a 'hoax'. What do you think?

"The EBE's claim to have created the Christ..."



THE CASE KOJAK COULDN'T SOLVE

TV cop, Telly Savalas admits one real life case would have made his hair stand on end, if he had any.

He says: "I went into a coffee shop to ask the way to a gas station and was told to walk down the road towards a freeway. I had just started walking when I heard someone ask in a high-pitched voice whether I wanted a lift. I turned and saw a guy in a black Cadillac. I got in and he drove me to the gas station. He even loaned me a dollar to buy the stuff. I insisted that I would have to pay him back, and he wrote down his name and number so that I could return the money. His name was Harry Agannis."

Savalas says that soon afterwards he telephoned the number and asked for Agannis. "A woman answered the phone. She told me that Harry Agannis was her husband - BUT THAT HE HAD BEEN DEAD FOR THREE YEARS!"

Amazed and intrigued, Savalas decided to visit the woman. He took the piece of paper the man had given him. "I showed it to her and she told me it was definitely her husband's handwriting. I described the clothes the man was wearing, and she told

me that they were the clothes he had been buried in."

DID SHELL OIL DISCOVER A UFO?

The Shell Oil Company oilrig, PACE-SETTER 2, was set up on the continental shelf, 90 miles off the coast of New Jersey, USA, in the area known as Georges Bank.

On their first drill test, they struck metal. Thinking it was a sunken ship or submarine from WWII, they checked with the War Dept and West Germany, but there were no records of losses in that area.

Sonar scans recorded an object approx 50 feet in diameter, in 600 feet of water.

On June 8th, 4 winches were lowered, and the object raised. The object was covered in barnacles, except near the top centre. It had small rectangular openings all the way around it.

When the barnacles were chipped off, a "flying saucer shape" was revealed. The Oil Rig boss immediately radioed his superiors in Atlantic City.

Three Shell officials arrived by helicopter, along with a physicist from Massachusetts Inst of Technology.

The preliminary inspections revealed that the object had been submerged for

approx 600 years, contained equipment that was 'out of this world', and was made of a metal that was unidentifiable.

They discovered a basket-ball sized sphere of silvery appearance. When held at arms length, the object did not fall. (The ball was found in the exact centre of the craft.)

Another helicopter arrived containing 5 CIA agents who produced authorisation documents from THE WHITE HOUSE, and informed them that a ship was on its way to collect the craft.

The CIA tried to stop the physicist from dismantling the object any further, but a Shell Oil official told them that everything on the rig belonged to Shell Oil and they would not surrender the object until the ship arrived.

Further exploration by the Physicist revealed a cylindrical object with a red button on the end. When pressed a thin white ray shot out a travelled about a mile before petering out. An assortment of other gadgets was discovered, including a rod which produced a bolt of electricity resembling lightning, that punched a sizeable hole in clouds overhead, and a lump of "putty" like substance, which caused an immense explosion when a small piece was thrown into the sea.

The CIA ship arrived shortly after, and

TWILIGHT ZONE

the agents on the ship started placing the strange looking gadgets into duffle bags. These along with the saucer and parts were then transferred to the ship.

The man who reported this returned to Atlantic City with Shell Officials. All men on the Rig were sworn to secrecy not to divulge any of these happenings.

No announcement about this object was ever released!

(from UFO Official, Aug '78)

ARE ALL THE US PRESIDENTS RELATED?

Some eye-opening research done by Michael P. Merlie at the University of Wisconsin reveals that of the 37 presidents before Jimmy Carter, 21 were close relatives. And this doesn't include the related by marriage links, such as Nixon and the Eisenhower family.

ANCIENT 'WALKMAN' FOUND IN CHINA

Chinese archeologists have uncovered an ancient object similar to a modern walkman headset, from a 2,500 year old skeleton in eastern China, the Wen Wei Po newspaper has reported.

Professor Han of Nanjing University, said the team found 'earphones and a black box' alongside an ancient skeleton in a wooden coffin, which had been placed in a cliff face in Jianghe, in Jiangxi Province.

According to Prof Han, 'the earphones were connected to a black box containing a silver plate with functions similar to a magnetic tape and a piece of violet crystal, which seems to be the power source'.

When placed over the ears and turned on, the Professor heard a strange song, believed to be a dirge summoning the dead to the underworld.

PHANTOM HITCH-HIKERS

An elderly couple driving home from a church service, picked up a hitch-hiker at nearby Urunga. Sitting in the back of the car, the man spotted a cross attached to the car keys in the ignition and asked the couple if they were Christians. When they replied they were, the man said: "Jesus is coming." Several seconds later, while the car was still travelling at a good speed, the woman looked around and discovered the hitch-hiker had vanished.

When the couple reported the incident to local police, they were told other motorists had reported similar happenings. So much so, they now refer to the man as The Angel of Urunga.

(Telegraph Mirror, 30/11/90)

ATLANTIS FOUND BY JAPANESE SUBMARINE?

A Japanese research submarine filming what is believed to have been the ruins of Atlantis, cruised into an 'energy field' that caused near insanity with the crew, and caused instruments to run 'backwards'.

The encounter occurred several hundred miles east of the Azores, at the same location where a Soviet submarine reportedly encountered the 'lost city' in 1986. Portuguese authorities admit that the commander of the Japanese submarine did, in fact request emergency permission to dock at Ponta Delgada in the Azores, and sought immediate psychiatric help for many crew members.

EVERY YEAR THE USE OF LIVE-ANIMAL EXPERIMENTS IS INCREASING...

- 20 animals a second are dying in science laboratories world wide
- There is no evidence that increases in the number of animal experiments lead to a corresponding improvement in human health
- 70% of animal experiments are for non-medical purposes ie: cosmetics testing, fire-extinguishers, pesticides, detergents, and weapons
- 80% of the experiments are performed without any anaesthetics
- Animal experimentation is a multi-million dollar industry
- Despite the vast expenditure on medical research, animals, and health care, people in today's developed societies are still not healthy!
- Because of species differences it is impossible to apply the results of animal experiments to corresponding improvement in human health
- Nowhere in the world do laws adequately protect laboratory animals
- Not included is a small range of cosmetics which, although they have not been tested on animals, do include unacceptable ingredients obtained from animals.

CRUELTY FREE SHOPPING LIST



COSMETICS, SKIN & HAIR PRODUCTS

- Ahimsa Products
- Anastasia Products
- Andre Duvani Products
- Auroma Products
- Australian Wildflower Incense & Perfumes
- Avroy Shlain
- Beauty Without Cruelty
- Big Bubble
- Biokosma
- Blackmores
- Body Shop Range
- Braidwood Products
- Briggs Herbal Creams
- Caring Products
- Completely Natural Cosmetics
- Comvita Products
- Corps d'Elite
- Creightons
- Dallynce Cosmetics
- Dr Bronner's Castille Liquid & Bar Soaps
- Doctor's Choice
- Ecol Products
- ELS Cosmetics
- Elsha Lander Products
- Evanol Hair Dyes/Perms
- Ever Bilena Cosmetics
- Everyday Rainwater Soft Shampoos & Conditioners
- Floris Products
- Fragrant Craft Supplies
- Fragrant Delights
- Geisha Cosmetics
- Golden Wattle (Bee Pollen)
- Grace Cosmetics
- Greenridge Botanicals
- Healthways Holdings
- Herbon Products
- Hoffels
- Hunzana
- Hymosa
- In Essence Products
- Janesce Natural Skincare
- Jean Aureilie Cosmetics
- Josephine Cosmetics
- Jurlique Cosmetics
- KMS Professional Haircare Products

- L'Arome
- Le Crystal Naturel Deodorant
- Luninance
- Meltone Products
- Mill Valley Products
- Monastique Products
- Natural-Oil Workers Co-op
- Nature's Earth Message & Essential Oils
- Natalie Jane
- Nature's Herbs
- Nutrimerics
- Ozganics
- Passion Incense
- Paul Penders Cosmetics
- Priscilla Clarke Natural Skin Care
- Puren Australia
- Rainbow Herb & Flower Remedies
- Rambilleene Farm
- Rimmel Cosmetics
- Rose of Lillies
- Rosewood Oils/Lotions
- Sensual Delights
- Shahnaz Herbals
- Sharyss Products
- Sonning Wildflower Beeswax
- Spiritual Sky/Bare
- Springwood Aromatic Oils
- Sun-Art Natural Products
- Swami Sarasvati
- Tao Aromassage Oils
- Tasmanian Soaps & Toiletries
- The Oil Garden
- Thursday Plantation
- Tiki Products
- Tinderbox Products
- Toms
- Tri-Natural
- Tru-Alo
- Truly Natural
- Wattle Creek Herbal Products
- Weleda
- Wildcrafted Herbal Products



TALLOW FREE SOAPS

- Anastasia's Vegetable Soap

- Australian Wildflower Soap
- Atkinson's Castille Soap
- Bel Soap
- Big Bubble
- Blue Palm Soap
- Body Basics Soap
- Brot Bodyline
- Caring Soap
- Castile Olive Oil Liquid Hand Soap
- Castle Soap No. 262
- Chandrika Soap
- Ecol Soap
- Fragrant Delights Soap
- Gem Soap
- Herbon Soap
- Laurels Soap
- Meltone Soap
- Rambildeene Farm
- Sapna Soap
- Self Managed Soap
- Vegol Soap
- Wattle Creek Soap
- Weleda Soap



PET CARE PRODUCTS

- Anastasia's Pet Shampoo
- Belgold Pet Shampoos
- Sandy's Natural Herbal Products
- Thursday Island Pet Products
- Tri-Natural



TOOTHPASTES

- Blackmores
- Vicco Herbal
- Weleda



HOUSEHOLD PRODUCTS

- Aware Laundry Detergent
- Anastasia

- Belgold
- Big Bubble
- Brot Bodyline
- Caring
- Ecol
- Herbon
- Newland
- Puren Australia
- Sonning Wildflower Beeswax Polish



HEALING PRODUCTS & SUN SCREENS

- Biokosma Sun Screens
- Bositos Eucalyptus Chest Rub
- Bositos Parrot Brand Eucalyptus
- Oilcomvita Products
- Comvita Products
- Doctor's Choice
- Euky Bearub
- Goanna Salve Ointment
- Iguana Rubbing Lotion
- Meltone Healing Creams
- Mudgee Honey Co
- Nature's Remedy
- OM Products
- Rosewood Oils & Lotion
- Thursday Plantation
- Tinderbox Herbs & Ointments etc
- Tru-Alo
- Wet Stuff

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Nostradamus Revisited?

Continued from page 5

Christianity will virtually collapse when it is discovered that that Jesus had children, and that his bloodline survives to this day.

A spiritual revolution will sweep the planet at this time.

Atlantis will be discovered, as will ruined cities on Mars and the Moon. Earth's history will be re-written.

A man will emerge who will charm the world, and fool many into believing that he is the return of the Christ. He will bring peace to some countries, but it will be only to further his plans for war.

An alien race will contact us and reveal that their race is dying out from a genetic weakness. They will be given land and resources in return for technology and science. The anti-christ and the aliens will form an unpleasant alliance.

In the late 1990's a small planetoid will plunge into Earth. It will contain a reptilian alien race hellbent on invasion and enslavement of this planet.

At this point the many prophecies describing this period read like a science fiction story. The general direction from here on would indicate a battle for the spiritual possession of the planet is at the heart of the mega-conflict now raging on Earth and in the heavens.

The best description I can put together is that the whole of the third dimension is now overdue for its progression into the fourth dimension. However, there would appear to be several species happily existing in the third dimension who don't want to leave it, and don't the dimension itself to evolve either.

It appears as if many civilisations have been patiently waiting for Earth to "make the grade" for the jump into a higher plane of existence. It would also appear that Earth has been lagging behind schedule, mainly due to its inhabitants not willing to let go of physical reality and the emotional and spiritual security it offers.

The resulting mega-conflict between the forces of evolution and the forces of stagnation seems to be indicated in many predictions, Armageddon being just one description.

The year 2012, August 12th in particular is regularly mentioned as a major date in the destiny of humanity. The Earth's own biorhythms allegedly coincide on this date, not to mention many other factors and prophecies too numerous to mention here.

It may also be then that the Earth and the solar system passes through the "photon belt". This is described as a giant cloud of photons, through which our system passes every 12,500 years (see article opposite). Descriptions of the effects are many, but this may be the "cosmic trigger" that nudges us to awaken to our spiritual destiny, a destiny so large, that our whole 3-D existence is just one classroom in the giant school of life.

The final part of this compilation is the best - peace will return for a long time to come.

This may be purely a result of so few people with no energy left to fight, or it may mean that a new heaven has dawned on Earth.

ETHICAL INVESTMENT

Continued from page 13

Included in those are the Maleny & District Community Credit Union, North Coast Ethical Credit Union, Bellingen District Loan Fund, and the Fitzroy & Carlton Community Credit Cooperative.

ETHICAL CRITERIA

Broadly speaking, their ethical criteria aim to improve the quality of life and prosperity of the local community in a sustainable and environmentally sound way, while fostering social responsibility.

Other Australian ethical investment vehicles include trusts, super-annuation funds, bonds and savings plans. The ethical criteria use a system of "negative screens" ie. excluding certain investments, often in South Africa, armaments, animal experimentation, tobacco, or alcohol. In addition, some organisations use "positive screens" or directed investment to positively support for example, afforestation, recycling, locally based investment funds, employee ownership and the development of appropriate technologies.

You don't have to compromise profit for principle. What is common to both US and British ethical funds is that they have tended to perform better than funds which do not restrict the discretion of the investment managers.

In Australia, the August Investments Managed Trust, launched in October 1989, has shown that it can out perform conventional funds. ASSIRT ranked August No. 1 over 3 weeks and 13 weeks and No 3 over 26 weeks out of Diversified Equity Trusts. The Managing Director of Directed Financial Management Ltd. who manages the trust, stated that using ASSIRT's performance measures, the fund would also have been No. 1 over the previous 12 months if the fund had been open to the public for the entire period.

This mixture of principles and profits is not as paradoxical as it seems. In recent years, companies involved in South Africa, tobacco and arms business have experienced below average earnings growth. The ethical funds, by avoiding many multi-nationals and diversified companies tend to invest in smaller companies and it is well accepted that over the longer term, small companies' stocks tend to outperform those of larger companies.

WE MUST ALL TAKE ACTION

The success or failure of the conservation movement in Australia is often judged in terms of battles won or battles lost. Issues are often seen in terms of "us" and "them"; "jobs" versus "the environment" or "greenies" versus "the developers". We are all intrinsically part of the problem and we must all take action to be part of the solution.

That solution firstly involves active financial planning to achieve our goals and personal financial independence. For the individual that process produces strong results. However, the impact, in global terms, of those planning and investment choices is of crucial importance.

Ethical investment provides unprecedented opportunities for social change. It is up to each of us to investigate those opportunities; to make our money work for us and the kind of world we want.

Amanda Falconer is a Financial Planning Consultant with Money Matters Financial Group, Investment Advisers specialising in ethical investment.

CONSUMER BEWARE!

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collagens, for example, are produced from the skins of new born calves. It has been shown in scientific tests that many animal ingredients used in personal care products contain pesticide residues.

PERSON AND ENVIRONMENT SAFETY

The term 'environment safe' has no legal meaning in Australia at present. There is no guarantee therefore that a product labelled 'environment safe' or 'environmentally friendly' will not be in some way damaging to the environment. In fact, many products that claim to be 'environment safe' contain in their formulations:

(a) ETHOXYLATED INGREDIENTS. These substances contain traces of the toxic, carcinogenic

chemicals ethylene oxide and 1,4 dioxane. Examples of ethoxylated ingredients are sodium laureth sulfate and polysorbate 80.

(b) PRECURSERS TO THE FORMATION OF N-NITROSAMINES. These carcinogens can be formed by the action of common environmental pollutants (eg some vehicle emissions) on various ingredients used in shampoos, such as the foam boosters cocamide DEA and lauramide DEA.

(c) TOXIC PRESERVATIVES. Because shampoos and conditioners are classed as 'wash off' products, manufacturers are permitted to use more toxic preservatives than those used in products such as moisture creams, which are left on the skin. A very common preservative used in shampoos is formaldehyde - cheap, very effective and a known toxic

carcinogen. Other preservatives, eg DMDM hydantoin, act by slowly releasing formaldehyde into the product.

HYPO-ALLERGENIC

This is a term that also has no legal meaning in Australia at present. Manufacturers continue to claim that their products are allergy-free or hypoallergenic whilst including in their formulations substances which have a proven history of producing allergic reaction or sensitization. Notable offenders are synthetic perfume components, known to be the most common cause of allergic reaction to personal care products.

We have outlined the main issues that you as a discerning consumer need to be aware of when choosing a product for your hair. Of course, because ingredient disclosures on labels are not in a language that is clear to anyone other than a chemist, and because very often what is not disclosed as product information is more significant than what is listed, you will have to rely on your own informed perception.

Law suit accuses Dental Association of mass poisoning!

Continued from page 17

An example was given by Dr Newell of the NCI when he said, 'We plan to use higher levels of fluoride. We plan to use 50ppm in one dose and 25ppm in another dose. We probably will use two species of animals like rats and mice.' If cancer is caused, the chemical is banned.

The test results were presented on 26th April, 1990. The report was titled "The National Toxicology Program Report on Sodium Fluoride Study". TR 393

The major finding showed cancer in male rats drinking fluoridated water. No cancer appeared in the control group of rats drinking unfluoridated water. The Toxicology Committee classified this result as 'unequivocal evidence of carcinogenic activity'.

We now know that the data showing cancer also occurring in mice, was suppressed!

Immediately the report findings were announced, they were held to be so

important that two separate Committees were appointed by the Department of Health & Human Service to investigate the NTP data of a cancer/fluoride link - and report in June 1990.

FLUORIDE CAUSES CANCER SAY JAPANESE SCIENTISTS

A recently released Japanese scientific report has discovered that fluoride causes cancer. As a result, continued use of fluoride in Australia may have a devastating effect on exports of processed food stuffs.

Three Japanese scientists performed experiments on the effect of sodium fluoride in animal tissue. Takeki Tsutsui, Nobuko Sazuki and Manabu Ohmori of the Nippon Dental University, Tokyo, undertook an experiment on the effects of sodium fluoride

on Syrian hamsters under laboratory conditions. The research was funded by the Japanese Government.

The scientists concluded that sodium fluoride in doses as low as 75 micrograms per milligram caused cancer in living cells. This finding has been supported by the results of a similar study by three Russian scientists from the Academy of Medical Science at Moscow.

The harmful side-effects of fluoride have been the subject of a raging debate in Australia for a number of years.

Japan is a major importer of Australian processed foods, with manufacturers going to extraordinary lengths to meet stringent quality demands.

It is possible that we could lose part of this important market if the Japanese withdraw orders of processed foods because of contamination by fluoride in the water supply.



BOOKS

OXYGEN THERAPIES - A New Way Of Approaching Disease

By Ed McCabe.

Publ: Energy Publications, 99-RD1 Morrisville, NY 13408 USA.

212 pages, softcover

If you have enjoyed the recent articles in Nexus Magazine about Oxygenation and Hydrogen Peroxide by Waves Forest, then you will love this hard to get book. It contains the best research available in a book to date on ALL these types of therapy.

Includes Hydrogen Peroxide, Ozone, Aerox etc, with laboratory studies, case histories, methods, and sources of information. It is without doubt the most definitive book on this subject, and I urge as many readers as possible to obtain it. (I would suggest your local new age bookstore, but I doubt they would have it, so try the contact list given on page 31 of this issue). This is the book that the medical authorities don't like to talk about.

ELECTRO-POLLUTION - How To Protect Yourself Against It.

By Roger Coghill.

Publ: Thorsons (UK) 1990.

192 pages, softcover, RRP \$14.99

A good book for anyone who wants to know more about electro-magnetic energy. Apart from reading the article on pages 42-44 in this issue there is still not much comprehensive information on this much debated subject.

The book draws on the author's considerable experience as founder of Britain's first consultancy specialising in the monitoring and control of electro-pollution. It includes research on the effects on humans of power lines, VDUs, car telephones, micro-waves, fluorescent lighting, radio and TV waves and many more.

You will all throw out your waterbeds after reading this one.

SECRETS OF THE SOIL

By Peter Tompkins & Christopher

Bird. Publ: Harper & Row, (Perennial Library) USA. 444

pages, softcover. RRP - \$26.00

A remarkable collection of research and information on techniques to improve our soil. Many topics are covered such as Rudolf Steiner's Biodynamic agriculture, Dan Carlson's growth stimulating Sonic Bloom, nature spirits and devas, psychic skills, and ancient antennas of cosmic radiation from Phil Callahan (see article on pages 28 & 29).

For those who read The Secret Life of Plants by the same authors, you will appreciate their talent for digging up interesting and non-dogmatic information which treats living things, such as soil with the respect that it deserves

SUCCESSFUL ORGANIC

PEST CONTROL -

Environment friendly ways to deal with unwanted garden pests and diseases.

By Trevor G. Forsythe.

Publ: Thorsons (UK).

128 pages, softcover, RRP \$12.99

Did you know ...

- that by tolerating your wasps, you could save your cabbages from caterpillars?

- that woodlice in the compost heap speed up the decaying process?, and

- that earwigs do an excellent job in clearing aphids?

All this and other interesting information on how to use organic, chemical free pest control measures, and disease resistant vegetable varieties.

HAND OVER OUR LOOT!

by Len Clampett.

Publ: Len Clampett, PO Box

1863, Launceston. Tas. 7250.

RRP \$6 (add \$2 P+P if by mail)

This book tells you what the bankers do not want you to know, ie the stark simple facts about money

and money flow. It deals with things such as credit creation, (which is only allowed by the Reserve Banks), and has some quite remarkable facts about the history of money and banking.

As the editor of The New Citizen remarked, anybody who has ever complained about bank interest rates should read this book or shut-up!

THE BOOK OF HARMONY SQUARES

Thru Jain (Volume One).

Publ: F.R.E.E.D.O.M.S

Publications. (For Research Expressing Essential Data Of Majik Squares). c/- Majik Square Studio. PO Box 396, Byron Bay. NSW 2481

After 12 years of research Jain has emerged with a truly unique book. It is a masterpiece of illustrating the beauty and intricacy of majik squares. Designed as step by step guide to create your own majik squares, for both young and old, the book itself is sized to the Golden Rectangle (1:1.618)

Available from your local new-age or metaphysical bookstore.

More info on Majik Squares in future issues of Nexus Magazine.

HERBAL TREATMENT OF COMMON AILMENTS

By Gregory Ah Ket. Publ:

Compendium, (Melb).

Distributed by Gordon & Gotch.

160 pages, softcover, RRP - \$16.95

An excellent book by one of Australia's best known herbalists. You will be surprised at the many simple remedies from your average kitchen herb, for problems such as colic, diarrhoea and colds to name a few.

The book is clear on how to identify, prepare and use commonly found herbs, including weeds. In simple language you will learn how to make a poultice, a compress, oil or just plain ointments.

The book is divided into appropriate sections such as 1) the basic principles; 2) the Herbs; 3) the Remedies



REVIEWS

(listed by ailments)

With this book the average person could become quite well informed and end up a lot healthier in the process.

NATURAL HORMONE HEALTH - Drug free ways to manage your life.

By Arabella Melville.

Publ: Thorsons (UK).

176 pages, softcover RRP - \$12.99

If you suffer period problems, premenstrual syndrome or mood swings and irritability, chances are you are experiencing a hormone imbalance.

The author's first book *Cured to Death: The Effects of Prescription Drugs* launched her into the world of more natural means to correct the body's chemical imbalances.

This is a self-help book. It has good information on hormone swings related to pregnancy and childbirth, as well as hysterectomies and menopause.

TAPES

INSTRUMENTS OF PEACE

featuring Singh Kaur

**Distributed by: New Age Music, PO
Box 789Nx, Fremantle, WA 6160.**

Ph: (09) 335 1772

This is one of the new age music tapes with a difference. If you are bored with the same old synthesizer based music in this field, then you will find this tape a refreshing change. The vocals are fantastic, and a pleasure to listen to. Instruments used include flute, keyboards, acoustic & electric guitar, piano and handharp.

The music is original but I was reminded of Joni Mitchell at times and in one song a hint of the Rolling Stones' "Lady Jane".

The tape has been well produced and attractively packaged. All in all I can recommend this as a great listening cassette and gift.